

## Marinades

### Honey Mustard Marinade

Mix together:

- 1 cup dijon mustard
- 1 cup dry white wine
- 3/4 cup olive oil
- 1/4 cup honey or agave nectar
- 1 clove garlic, minced
- 2 tablespoons low sodium soy sauce

### Lemon Marinade

Mix together:

- 2 tbsp. olive oil
- 1/2 small onion, finely minced
- 2 tbsp. chopped fresh rosemary
- freshly ground black pepper to taste
- Grated zest of 1 lemon
- 1/4 cup fresh lemon juice

### Garlic Honey Marinade

Mix together:

- 1 small onion, minced
- 1/4 cup fresh lemon juice
- 1/4 cup sesame oil
- 2 tbsp. low sodium, light soy sauce
- 2 cloves garlic, crushed
- 1 tbsp. grated fresh ginger
- 2 tbsp. honey or agave nectar
- 2 tbsp. chopped fresh parsley

**\*\*Note:** If using marinade on fish, do not marinate longer than 15 minutes or fish will get mushy. Marinate chicken and beef for at least 30 minutes, preferably longer, but no longer than 6 hours.

Marinade recipes courtesy of The Denver Post