

Garlic Marinade



Makes: $\frac{3}{4}$ cups of marinade

Ingredients:

- $\frac{1}{4}$ cup olive oil
- 4 cloves garlic, finely chopped
- 1 tbsp chopped fresh rosemary leaves, crushed
- $\frac{1}{2}$ tsp ground dry mustard
- 2 tsp soy sauce
- $\frac{1}{4}$ cup red or white wine vinegar
- $\frac{1}{4}$ cup dry sherry or apple juice

Procedure:

- Heat the oil over medium-high heat.
- Cook the garlic in oil until golden brown.
- Stir in the rosemary, the mustard and the soy sauce.
- Remove from heat and stir in the vinegar and the sherry.
- Cool and then use.

Per tbsp:

- Calories: 50
- Protein: 0 gm
- Carbohydrates: 1 gm
- Fat: 5 gm

This marinade also works well as a dressing for tossed salads or hearty pasta salads.