

Lemon Herb Marinade



Makes: 2/3 cups of marinade

Ingredients:

- 1/3 cup olive oil
- 1/4 cup lemon juice
- 1 tbsp chopped fresh basil leaves
- 2 tsp chopped fresh thyme leaves
- 1/4 tsp salt
- 1/4 tsp pepper
- 2 cloves garlic, finely chopped

Procedure:

- Combine all the ingredients in shallow glass or plastic dish.

Per tbsp:

- Calories: 65
- Protein: 0 gm
- Carbohydrates: 1 gm
- Fat: 7 gm

This marinade may be used with chicken or seafood. As with all marinades, it works best covered and refrigerated for up to 24 hrs.