



Grill Marinade Trio

Italian Grill Marinade Recipe

Ingredients: Lite olive oil (1/4 cup), lemon juice (1 tbsp), apple cider vinegar (1 tbsp), water (1 tbsp), Italian seasoning (1 tsp), red pepper flakes (1 tsp), chopped garlic (1 tsp), dried basil (1/2 tsp), fresh chopped parsley (2 tbsp).

Lemon Garlic Marinade Recipe

Ingredients: Lite olive oil (1/3 cup), lemon juice (1/3 cup), lite soy sauce (1 ½ tbsp), water (1 tbsp), chopped garlic (1 tsp), dried oregano (1/2 tsp), black pepper (1/4 tsp), kosher salt (1/4 tsp).

Teriyaki Marinade Recipe

Ingredients: Lite soy sauce (1/3 cup), rice wine vinegar (1/3 cup), honey (2 tbsp), lite olive oil (3 tbsp), granulated garlic (1/2 tsp), ground ginger (1/2 tsp), sesame oil (1 tsp).

Instructions: Combine all ingredients in a small mixing bowl and whisk until fully combined. Pour the marinade over your choice of meat or vegetables; allow to marinate for at least 30 minutes and up to 24 hours. Grill until the meat has reached the appropriate internal temperature and the vegetables are cooked to your liking.

Chef Laura Tip: For best flavor and freshness, store these vinaigrettes in a glass container with a tightly fitted lid. Refrigerate for up to two weeks.

Minimum Internal Temperatures by Protein: Beef, pork, veal, lamb, fish, and shellfish - 145°F, poultry (whole and ground) - 165°F, ground meats (excluding poultry) - 160°F.

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