

# Garlic Lime Marinade

By making your own marinade, you can control the amount of fat and salt that you add, as well as the quality of the ingredients.



## Ingredients:

6 cloves	Fresh garlic, minced	6 cloves
2 tsp	Ground cumin	10 mL
1 Tbsp	Fresh oregano or 1 tsp (5 mL) dried	15 mL
½ tsp	Black pepper	2 mL
½ cup	Lime juice	125 mL

## Directions:

1. In a mortar and pestle, mash garlic into a smooth paste, or mash with a fork in a bowl.
2. Mix in the cumin, oregano, pepper, and lime juice.
3. Marinate meat for at least 6 hours, stirring once in a while.
4. Makes enough to marinate 1 lb (454 g) of meat, fish, or tofu.

**Makes 5 servings (2 Tbsp/ 30 mL/ 30g)**

<b>Nutrition Facts</b>	
Per 1/5 of recipe (2 Tbsp/ 30 mL/ 30 g)	
<b>Amount</b>	<b>% Daily Value</b>
<b>Calories</b> 17	
<b>Fat</b> 0 g	<b>0 %</b>
Saturated 0 g + Trans 0 g	<b>0 %</b>
<b>Cholesterol</b> 0 mg	
<b>Sodium</b> 3 mg	<b>0 %</b>
<b>Carbohydrate</b> 4 g	<b>3 %</b>
Fibre 0 g	<b>0 %</b>
Sugars 0 g	
<b>Protein</b> 1 g	
Vitamin A	3 %
Vitamin C	11 %
Calcium	3 %
Iron	0 %

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