

# Rosemary & Lemon 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:

1 Tbsp	fresh rosemary leaves, chopped	15 mL
2 Tbsp	garlic cloves, minced	2 mL
2 Tbsp	fresh lemon juice	30 mL
½ tsp	lemon peel, grated	2 mL
1 Tbsp	canola oil	15 mL
2 Tbsp	red wine vinegar	30 mL
¼ tsp	freshly ground black pepper	1 mL

## Directions:

1. Combine all ingredients in a small bowl and pour over steak or pork.
2. Marinate for 2 to 3 hours or overnight in the fridge.

Makes 1/3 cup/ 75 mL - (1 cup/ 250 mL/187 g per serving)

Nutrition Facts Per 1 serving (1 cup/ 250 mL/187 g)	
Calories	280
Carbohydrates	10 g
Fibre	1 g
Protein	27 g
Fat	12 g
Sodium	95 mg
Potassium	474 mg
Phosphorus	225mg