

## Healthy Summer Marinades for Grilling

From the American Institute for Cancer Research

[http://www.aicr.org/enews/2018/05-may/enews-mediterranean-marinades.html?utm\\_campaign=enews&utm\\_medium=email&utm\\_source=05032018email](http://www.aicr.org/enews/2018/05-may/enews-mediterranean-marinades.html?utm_campaign=enews&utm_medium=email&utm_source=05032018email)

### Tangy Yogurt-Spice Marinade

#### Ingredients

- 1 1/2 cups low-fat yogurt
- 2 tablespoon fresh lemon juice
- 2 teaspoon minced garlic cloves
- 2 teaspoon minced fresh ginger (or 1 teaspoon dried, ground ginger)
- 2 teaspoon ground coriander
- 1 teaspoon ground turmeric
- 1/4 teaspoon cayenne pepper

#### Instructions

1. Place all ingredients in a blender and combine at low speed. Pour into large, wide and shallow non-metal casserole dish or mixing bowl.
2. Add food to be grilled and turn to coat all sides. Cover and refrigerate at least 1 hour.

**Makes 6 servings (about 1 2/3 cups)**

#### Nutrition information per serving

Calories: 23	Dietary Fiber: 0 g
Total Fat: 0 g	Sodium: 22 mg
Saturated Fat: 0 g	Protein: 1.5 g
Cholesterol:	Carbohydrates: 3 g

### Herbed Dijon Marinade and Basting Sauce

#### Ingredients

- 3 tablespoon olive oil
- 2 tablespoon balsamic vinegar
- 1/4 cup finely chopped shallots
- 3 garlic cloves, finely minced
- 3 tablespoon Dijon mustard

- 2 tablespoon freshly squeezed lemon juice
- 1 tablespoon grated lemon peel
- 1 tablespoon finely minced fresh thyme, or ½ tablespoon crushed dried thyme
- 3/4 teaspoon crushed dried tarragon

### Instructions

1. In medium bowl, combine all ingredients. Pour half into a container with lid to reserve for basting while grilling. Place other half of mixture into large, non-metal casserole dish or mixing bowl.
2. Add food to be grilled and turn to coat all sides. Cover and refrigerate at least 1 hour.

**Makes 8 servings (about 1 cup)**

### Nutrition information per serving

Calories: 28	Dietary Fiber: 0 g
Total Fat: 3 g	Sodium: 36 mg
Saturated Fat: 0 g	Protein: 0 g
Cholesterol:	Carbohydrates: 1 g

## Citrus Marinade

### Ingredients

- 1 cup orange juice
- 1/4 cup lime juice
- 1/4 cup lemon juice
- 2 cloves garlic, minced
- 1 teaspoon ground coriander
- 1 teaspoon lemon pepper seasoning

### Instructions

1. Mix all ingredients together in large, wide and shallow non-metal casserole dish or mixing bowl.
2. Add food to be grilled and turn to coat all sides. Cover and refrigerate for 1-6 hours.

**Makes 4 servings (about 1 1/2 cups)**

## CAMPUS WELLBEING SERVICES

[humanresources.illinois.edu/campus-wellbeing-services](http://humanresources.illinois.edu/campus-wellbeing-services)

**Nutrition information per serving**

Calories: 19	Dietary Fiber: 0 g
Total Fat: 0 g	Sodium: 0 mg
Saturated Fat: 0 g	Protein: 0 g
Cholesterol:	Carbohydrates: 5 g