

Using Premade Marinade

Using premade or homemade marinade is a great way to add flavor, tenderness and juiciness to veggies or meat. Try doubling your recipe for leftovers throughout the week! Marinades are used before grilling, roasting or sautéing.

Meat options:

- Chicken
- Fish
- Steak
- Tofu (for a meat substitute)
- Pork

*Trim and discard the fat.

Vegetable options:

- Squash
- Peppers
- Mushrooms
- Asparagus
- Onions
- Eggplant

*Experiment with what you have on hand!
Try a combination of veggies for a variety of nutrients.

Marinate food in the refrigerator for up to two hours prior to cooking. Use a covered dish or zip-sealed plastic bag to contain food and marinade. If grilling: heat grill to high-heat. Grill food to safe temperature (<https://www.foodsafety.gov/food-safety-charts/safe-minimum-cooking-temperature>). Let meat rest for 10 minutes to let juices redistribute before serving. Grill vegetables, turning frequently until browned and crisp-tender (5-8 minutes). Serve meat with vegetables. If roasting or using the oven: Use about 4 cups of vegetables. Pre-heat oven to 375 degrees. Place meat in 9x13 inch baking dish. Cook for 20 minutes. Flip meat. Spread vegetables evenly across a baking sheet. Bake in oven with meat for another 20 minutes. Remove meat from oven, let stand. Turn oven to low-broil and broil vegetables 3 minutes or until browned.