

Basil Marinade

Chef Stephen Forman

RECIPE MAKES: 12 SERVINGS

INGREDIENTS

- 1 Tbsp. finely chopped basil
- 2 cloves raw garlic, minced
- ½ fresh lemon
- ½ tsp. Dijon mustard
- 1 oz. apple cider vinegar
- 3 oz. olive oil
- Salt to taste
- Black pepper to taste

NUTRITION INFO

Nutrition Facts	
servings per container	
Serving size	(6g)
Amount per serving	
Calories	30
% Daily Value*	
Total Fat 3.5g	4%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 80mg	3%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 0g	
Vitamin D 0mcg	0%
Calcium 1mg	0%
Iron 0mg	0%
Potassium 5mg	0%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

PREPARATION

1. Place basil and garlic in a small bowl
2. Add juice from ½ lemon, mustard and vinegar to bowl and whisk well
3. Slowly add olive oil to bowl while whisking continuously
4. Add salt and pepper to taste
5. SET ASIDE UNTIL LATER

Healthy Options

