



Noreen's Kitchen

Lemon Garlic Grilling Marinade

Ingredients

1/2 cup fresh lemon juice (reserve rind)	2 jalapenos, sliced (optional)
1/2 cup olive oil	1 teaspoon garlic powder
6 cloves fresh garlic, minced	1 teaspoon paprika
1 medium onion, sliced thin	1 teaspoon chicken seasoning blend
1 cup green bell pepper, chopped	1 teaspoon dried lemon verbena (optional)

Step by Step Instructions

NOTE: This recipe is enough marinade for 2 pounds of chicken, pork or fish.

Place protein of choice along with the onion and peppers in a zip top bag.

Mix lemon juice, chopped garlic, oil and seasonings in a bowl and whisk to combine.

Pour mixture into the bag.

Seal the bag, and massage the marinade gently into the meat.

For chicken or pork you can refrigerate and allow to marinate as little as 20 minutes or as long as overnight.

If using fish, do not marinate longer than 15 or 20 minutes or the acid will begin to cook the tender flesh of the fish.

Do not keep any leftover marinade if it has touched raw protein. Discard it.

Enjoy!