

Mediterranean Marinade

Yield: 8 servings (enough for 1½ pounds of meat or vegetables)

Ingredients:

2 teaspoons cumin seeds
1 teaspoon each—coriander, cardamom and fenugreek seeds
½ cup olive oil
¼ cup fresh-squeezed lemon juice
1 small onion, chopped
6 garlic cloves, chopped
2 tablespoons fresh ginger, minced
1/3 cup paprika
1 teaspoon red pepper flakes
1/8 teaspoon each—ground cinnamon, cloves and allspice
salt and freshly ground black pepper to taste

Procedure:

Toast cumin, coriander, cardamom and fenugreek seeds in a skillet over medium heat until fragrant. Place toasted spices, olive oil and lemon juice into a blender and puree. Add onion, garlic and ginger and continue pureeing until mixture is smooth. In a bowl, combine puree with remaining ingredients and mix well. Spread on meat (or vegetables) and marinate overnight in refrigerator. Wipe off marinade and discard. Grill meat to a safe temperature: beef steak (medium-rare), 145 F; beef steak (medium), 160 F; ground beef patties or pork chops, 160 F; and chicken breasts, 170 F.

about 150 calories and 14 grams of fat per serving (about 2-3 tablespoons)

Mediterranean Marinade also provides about 60 percent of the daily recommended vitamin A (from the paprika and red pepper) and 15 percent of the recommended vitamin C.



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