



5 Ways Kabobs & Marinades

Marinade Instructions:

To prepare marinade, combine all ingredients except the oil in a bowl, then slowly drizzle in the oil while whisking to emulsify the marinade.

Lager Marinade

Protein: chicken, beef, pork

- 1 bottle (12 ounces) lager beer
- 2 garlic cloves, minced
- 2 tablespoons brown sugar
- ½ teaspoon kosher salt
- ¾ teaspoon freshly ground black pepper
- 1 tablespoon olive oil

*Approximate nutritional values per 2 tablespoons:
28 Calories, 1g Fat (0g Saturated), 0mg Cholesterol,
70mg Sodium, 3g Carbohydrates, 0g Fiber, 0g Protein*

Tuscan Marinade

Protein: chicken, beef, pork

- 4 garlic cloves, crushed with press
- 6 tablespoons fresh lemon juice
- 3 tablespoons finely chopped fresh basil leaves
- 1 tablespoon anchovy paste
- ½ teaspoon kosher salt
- ¾ teaspoon freshly ground black pepper
- ⅓ cup extra virgin olive oil

*Approximate nutritional values per 2 tablespoons:
11 Calories, 0g Fat (0g Saturated), 1mg Cholesterol,
254mg Sodium, 1g Carbohydrates, 0g Fiber, 0g Protein*

Orange-Ginger Marinade

Protein: chicken, pork, fish, seafood

- 4 garlic cloves, minced
- 1 cup fresh orange juice
- ¼ cup less-sodium soy sauce
- 2 tablespoons grated peeled fresh ginger
- 2 tablespoons rice vinegar
- 1 tablespoon packed light brown sugar
- 2 teaspoons orange zest
- ¼ teaspoon ground white pepper
- ¼ cup vegetable oil

*Approximate nutritional values per 2 tablespoons:
48 Calories, 4g Fat (1g Saturated), 0mg Cholesterol,
154mg Sodium, 3g Carbohydrates, 0g Fiber, 0g Protein*

Pineapple-Coconut Marinade

Protein: chicken, fish, seafood

- 1 garlic clove, minced
- ½ cup pineapple juice
- ⅓ cup light coconut milk
- ¼ cup fresh lime juice
- 2 tablespoons honey
- 2 tablespoons canola oil

*Approximate nutritional values per 2 tablespoons:
50 Calories, 3g Fat (1g Saturated), 0mg Cholesterol,
3mg Sodium, 6g Carbohydrates, 0g Fiber, 0g Protein*

Chimichurri Marinade

**Protein: chicken, beef, pork, fish, seafood
(use a blender or food processor)**

- 4 garlic cloves
- 2 green onions, coarsely chopped
- ¼ cup packed fresh cilantro leaves
- ¼ cup packed fresh Italian parsley leaves
- ¼ cup white wine vinegar
- 1 teaspoon oregano leaves
- ¾ teaspoon kosher salt
- ½ teaspoon freshly ground black pepper
- ¼ teaspoon ground red pepper
- ¾ cup extra virgin olive oil

Approximate nutritional values per 1 tablespoon:

*93 Calories, 11g Fat (2g Saturated), 0mg Cholesterol,
91mg Sodium, 1g Carbohydrates, 0g Fiber, 0g Protein*

Dietitian's Dish

- > Meatless kabob options don't need to include just vegetables. These marinades offer great flavoring for tofu or tempeh – soy foods that are a source of protein, iron, fiber, potassium, and other micronutrients.