

## Mouthwatering Marinade

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by Stacey Francis, DC

1-2 tablespoons cider, balsamic or red wine vinegar

1-2 tablespoons whole grain or Dijon mustard

2-3 teaspoons dried herbs like thyme, oregano, rosemary or crumbled bay leaf

2-3 cloves garlic, minced

¼ cup extra-virgin olive oil

1 teaspoon Celtic sea salt

1 teaspoon freshly ground black pepper

Mix in a bowl. Save 1/3 of recipe in separate bowl to brush on just before serving. Use the remainder to marinate meat for 30 minutes.