

GREEK-STYLE MARINADE

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KITCHEN



Photo: Love + Craft Kitchen

This flavorful marinade makes easy work of preparing a terrific weeknight meal or one worthy of sharing with guests.

Use it with a protein of choice and vegetable for skewers or kabobs - chicken tenders or thighs (boneless, skinless), fish and seafood, bell peppers, cherry tomatoes, onions, zucchini, mushrooms, and more.

Serve the skewers as is, or with a tzatziki dipping sauce, a tossed salad and/or brown rice pilaf for a complete meal.

INGREDIENTS

1 clove garlic, minced (about 1 teaspoon)
5 tablespoons olive or avocado oil
1 1/2 tablespoons lemon juice
1 1/2 tablespoons apple cider (or apple juice; no added sugar)
1 tablespoons Dijon mustard
1 1/2 teaspoons coconut aminos or Worcestershire sauce (low sodium)
1/2 teaspoon dried basil
1/2 teaspoon dried oregano
1/4 teaspoon dried thyme
1/4 teaspoon Kosher salt
1/8 teaspoon ground black pepper

protein of choice (about 1 1/2 pounds) or assorted vegetables

wooden or metal skewers

DIRECTIONS

1. If using wooden skewers, soak in water for at least 30 minutes before using.
2. In medium mixing bowl, place the garlic, oil, lemon juice, cider, mustard, coconut aminos or Worcestershire sauce, basil, oregano, thyme, salt and pepper. Whisk together until completely mixed and emulsified.
3. Add the protein or vegetables to the bowl with the marinade. Turn gently to coat well, cover bowl and place in the refrigerator.

Marinate for:

- chicken tenders or thighs (boneless, skinless) - 30 minutes to 2 hours
- fish and seafood - 15 - 30 minutes
- vegetables - 30 - 45 minutes

4. When ready to cook, preheat grill or grill pan on stovetop (medium heat / 350° F). Remove the protein or vegetables from the marinade and thread one piece onto each skewer, then place the skewer on to a platter. Avoid mixing proteins and vegetables on one skewer as they may require different cooking times. Discard any remaining marinade.

5. Grilling times will vary by ingredient and size. Use these times as a guide:

- chicken tenders or thighs (boneless, skinless) - approximately 4 - 5 minutes per side, until no long pink inside, yet not dried out (160° - 165°F internal temperature when removed from grill)
- fish and seafood - approximately 2 - 4 minutes per side, until just cooked through
- vegetables - approximately 5 - 6 minutes per side, until tender yet hold their shape

Grill in batches if necessary. Place cooked skewers on a platter. For chicken, cover with foil and allow it to rest for 5 minutes before serving; juices will redistribute and internal temp will rise from carry-over cooking.