



Orange-Ginger Marinade
(protein: chicken, fish, pork, 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

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

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

Helpful tip:

> Instead of soy sauce, try using Liquid Aminos to cut sodium in half.