

# Yogurt Marinade

By making your own marinade, you can control the amount of fat and salt that you add, as well as the quality of the ingredients.



## Ingredients:

|          |  |          |
|----------|--|----------|
| ¾ cup    | Plain 1% M.F. yogurt                         | 175 mL   |
| 2 cloves | Fresh garlic, minced                         | 2 cloves |
| 1 Tbsp   | Fresh ginger, grated or 2 tsp (10 mL) ground | 15 mL    |
| 1 Tbsp   | Olive oil                                    | 15 mL    |
| ¼ tsp    | Cayenne pepper                               | 1 mL     |
| ½ tsp    | Black pepper                                 | 2 mL     |
| ½ tsp    | Cumin powder                                 | 2 mL     |

## Directions:

1. Mix all ingredients well.
2. Makes enough to marinate 1 pound (454 g) of meat.

**Makes 5 servings (3 Tbsp/ 45 mL/ 41 g)**

| <b>Nutrition Facts</b>                     |                      |
|--|----------------------|
| Per 1/5 of recipe<br>(3 Tbsp/ 45 mL/ 50 g) |                      |
| <b>Amount</b>                              | <b>% Daily Value</b> |
| <b>Calories</b> 55                         |                      |
| <b>Fat</b> 3 g                             | <b>5 %</b>           |
| Saturated 0 g<br>+ Trans 0 g               | <b>0 %</b>           |
| <b>Cholesterol</b> 2 mg                    |                      |
| <b>Sodium</b> 30 mg                        | <b>2 %</b>           |
| <b>Carbohydrate</b> 4 g                    | <b>2 %</b>           |
| Fibre 0 g                                  | <b>0 %</b>           |
| Sugars 3 g                                 |                      |
| <b>Protein</b> 2 g                         |                      |
| Vitamin A                                  | 7 %                  |
| Vitamin C                                  | 0 %                  |
| Calcium                                    | 7 %                  |
| Iron                                       | 0 %                  |