

Recipe Name **Go To Marinade**

Ingredients:

1 large garlic clove or shallot

1 large onion, roughly chopped

1/2 cup fresh parsley, use stems and all for extra nutrients

1/3 cup fresh basil leaves (you can substitute any other herbs you like or even use 1 Tbsp dried basil if you have nothing fresh on hand)

1 Tablespoon dry mustard (if you have no dry mustard, just double the Dijon)

1/2 Tablespoon Dijon mustard

4 Tablespoons fresh lemon juice (about 2 lemons worth)

1/2 cup Extra Virgin Olive Oil

Salt and Pepper to taste

*1/2 Teaspoon crushed red pepper is optional if you like things spicy!

Directions:

This part doesn't get any easier! Put everything in the blender and puree until smooth. If it is too thick, add water until it is the desired consistency (1/2 cup will usually do the trick)

Use to marinate chicken, fish or vegetables before grilling! Enjoy!