

Dry BBQ Spice Rub



This marinade is excellent for adding flavor to chicken breasts, salmon steaks or even to season tofu! Feel free to cook your chosen protein on the barbecue for maximum caramelization.

Preparation 5 min

Cooking 0 min

Servings 1

Nutrition Facts (per serving)

Calories 40

Fat 0

Carbohydrates 10

Fibre 1

Protein 1

Sodium 845

Ingredients

- 10 ml (2 tsp) brown sugar
- 5 ml (1 tsp) dried rosemary
- 5 ml (1 tsp) smoked paprika
- 2 ml (1/2 tsp) cayenne pepper flakes
- 2 ml (1/2 tsp) garlic powder
- 2 ml (1/2 tsp) ground oregano

- 2 ml (1/2 tsp) salt

Preparation

1. Combine all ingredients for the marinade in a small bowl.
2. Rub dry marinade onto your chosen protein until it sticks and moistens. Proceed to cook your protein on the BBQ as suggested. You can serve your BBQ protein with our [low FODMAP spring pasta salad](#).

Notes

The dry marinade can be kept for 3 months in an airtight container at room temperature.



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