

Maple and chipotle marinade



Perfect for all meats, fish, shrimp and tofu, this marinade will transform your meal!

Preparation 5 min
Cooking 0 min
Servings 5
Nutrition Facts (per serving)
Calories 70
Fat 0
Carbohydrates 18
Fibre 0
Protein 0
Sodium 30

Ingredients

- 1 clove garlic, finely chopped
- 80 ml (? cup) maple syrup
- 15 ml (1 tbsp) chipotle pepper sauce (Adobo type)
- 15 ml (1 tbsp) red wine vinegar
- 15 ml (1 tbsp) soy sauce
- Ground pepper, to taste

Preparation

1. In a bowl, combine all ingredients.
2. Let your protein of choice marinate for 30 minutes, or overnight for best results. Cook your protein in the oven, on the stove or on the BBQ.

Notes

Can be kept 3-5 days in the refrigerator and does not freeze.



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