



Nourished^{Rx}

MEAL CARDS

MARINADES & DRESSINGS

DISCOVERING HEALTHY FOOD

*Satisfying and filling
well-balanced recipes*

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MARINADES & DRESSINGS

Easy Marinades



Salad Dressings



Easy Marinades

New to Making Marinades?

Quick Start Guide

How long do you marinate different foods?

Shellfish - **15 minutes**

Seafood - **20-30 minutes**

Veggies or plant-based proteins - **30 minutes**

Chicken and pork - **3-12 hours (can do 30 to 60 minutes if pressed for time)**

Beef and lamb - **3-24 hours (can do 1 hour if pressed for time)**



- **Do NOT** use an aluminum container. It will react with acids and may change the color or taste of food.
- **Do NOT** re-use leftover marinade or serve it as a sauce. It can contain harmful bacteria and cause foodborne illness.
- **Do NOT** marinate food at room temperature. Make sure you put the plastic baggie or container in the refrigerator to ensure proper food safety.
- **DO** shake the container or flip the bag halfway through marinating to make sure the food is evenly coated.
- Use about $\frac{1}{2}$ cup of marinade per pound of food.

Easy Marinades

 10 minutes

 yield: ½ cup

Italian Marinade

Recipe adapted from
www.eatthis.com

Ingredients

¼ cup olive oil
¼ cup red or white wine
vinegar
2 garlic cloves, minced
1 tsp oregano
1 tsp basil
1 tsp thyme
1 tsp lemon juice (optional)
Red pepper flakes to taste



Balsamic Marinade

Recipe adapted from
www.rachelcooks.com

Ingredients

¼ cup balsamic vinegar
¼ cup olive oil
3 garlic cloves, minced
1 ½ Tbsp Italian seasoning
or dried rosemary
½ tsp black pepper



Easy Marinades

 10 minutes

 yield: ½ cup

Tex-Mex Marinade

Recipe adapted from
www.eatthis.com

Ingredients

¼ cup olive oil
¼ cup lime juice
¼ cup cilantro, chopped
2 cloves garlic
1 tsp chili powder
1 tsp paprika
1 tsp cumin
½ tsp black pepper
½ tsp oregano



Teriyaki Marinade

Recipe adapted from
www.thespruceeats.com

Ingredients

¼ cup low sodium soy sauce or liquid aminos
¼ cup olive oil
2 garlic cloves, minced
1 tsp brown sugar
1 tsp ground ginger
Splash of white vinegar or apple cider vinegar



Easy Marinades



10 minutes



yield: ½ cup

Tahini Marinade

Recipe adapted from
www.tastingtable.com

Ingredients

¼ cup tahini paste
2 Tbsp olive oil
2 Tbsp lemon juice
2 garlic cloves, minced
Paprika and cumin to taste



Hot Sauce Marinade

Recipe adapted from
www.eatthis.com

Ingredients

⅓ cup olive oil
1 ½ Tbsp cayenne pepper
½ Tbsp brown sugar
1 tsp paprika
1 tsp chili powder
1 tsp garlic powder
Salt and pepper to taste



Salad Dressing

Have you ever made your own salad dressing? You may be surprised at how easy it can be.

The best part is that you are in control of the ingredients.

Many store-bought salad dressings contain artificial flavors, added sugars, and extra sodium. You can create a dressing that fits both your flavor preferences and health goals by making your own.

Drizzle your homemade salad dressing over your favorite mixed greens and chopped veggies, spread it on a sandwich, or use it as a base for roasting potatoes.

The opportunities are endless!



Kitchen Tools Needed

- Mason jar with a lid or any container with a lid
- Bowl
- Whisk

Instructions

Mixing Bowl Method:

1. Add all ingredients to a medium mixing bowl.
2. Whisk until ingredients are fully incorporated. Enjoy!

Mason Jar Method:

1. Add all ingredients to the jar or container. Close the lid tightly.
2. Shake until ingredients are fully incorporated. Enjoy!

The following recipes contain less than 45 grams of carbohydrates per serving and are good for those on a carb-conscious diet.



Salad Dressing

 10 minutes

 yield: ½ cup

Balsamic

Recipe adapted from
www.cookieandkate.com

Ingredients

½ cup olive oil
3 Tbsp balsamic vinegar
1 Tbsp Dijon mustard
2 cloves garlic, minced
Salt and pepper to taste



Italian

Recipe adapted from
www.thewholecook.com

Ingredients

½ cup olive oil
3 Tbsp red wine vinegar
1 tsp Dijon mustard
1 tsp dried oregano
1 tsp garlic powder
1 tsp dried basil
Salt and pepper to taste



Salad Dressing

 10 minutes

 yield: ½ cup

Asian Sesame

Recipe adapted from
www.sweetpeasandsaffron.com

Ingredients

¼ cup olive oil
¼ cup rice vinegar
3 Tbsp sesame oil
1 ½ Tbsp low-sodium
Soy sauce
½ Tbsp honey
1 clove garlic, minced
Salt and pepper to taste



Honey Mustard

Recipe adapted from
www.evolvingtable.com

Ingredients

½ cup olive oil
2 Tbsp Dijon mustard
2 Tbsp white wine vinegar
½ Tbsp honey
Salt and pepper to taste



Salad Dressing

 10 minutes

 yield: ½ cup

Lemon Vinaigrette

Recipe adapted from
www.wholefully.com

Ingredients

1 ½ cups olive oil
¼ cup lemon juice
3 Tbsp red wine vinegar
3 tsp lemon zest
2 tsp oregano
1 clove garlic, minced
Salt and pepper to taste



Cilantro Lime

Recipe adapted from
www.thewholecook.com

Ingredients

½ cup olive oil
¼ cup cilantro, chopped
2 Tbsp lime juice
½ Tbsp honey
1 clove garlic, minced
1 tsp lime zest
Salt and pepper to taste



Food Storage 101

How do you store your food after getting your groceries? Did you know that certain ways of storing foods can help them last longer? Below, we explore where and how different foods can be stored to help them last longer.

Foods to Store on the Counter

- **Vegetables:** tomatoes, winter squash (butternut, acorn, pumpkin, spaghetti, etc.)
- **Fruits:** apples, pears, citrus, banana, avocado, melon
 - Apples, pears, citrus, avocado
 - If you plan to eat them within the next couple of days, otherwise store in the fridge
 - Bananas
 - Cover the stems to help them last longer
 - Melon
 - Cut up melon and store in the fridge once ready to eat.



Foods to Store in Pantry (Dry, Cool, Dark)

- **Dried, shelf-stable goods:** oatmeal, rice, pasta, peanut butter, olive oil, etc.
- **Canned goods:** canned beans, vegetables, tuna, broth, etc.
- **Vegetables:** onions, garlic, and potatoes
 - Be sure to separate onions and potatoes. Onions can make potatoes sprout faster while potatoes make onions turn soft.



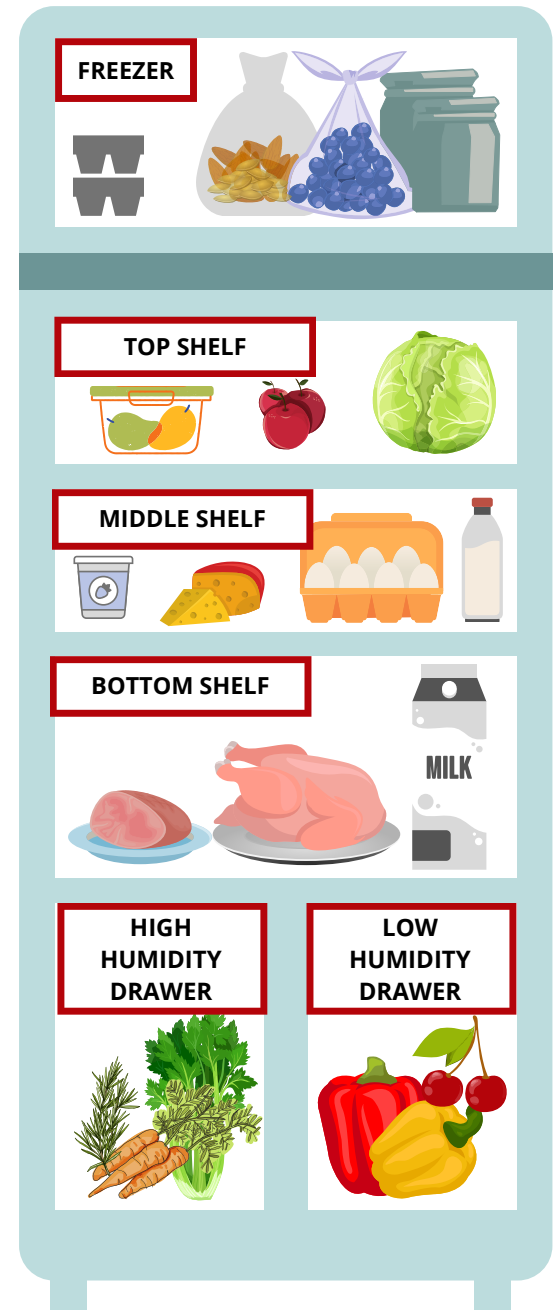
Foods to Store in the Freezer



- Frozen foods purchased at grocery stores
- Unfinished leftovers in airtight containers that you do not plan to eat in next few days
- Bread to extend shelf life
- Nuts and seeds

Foods to Store in the Refrigerator

- Leftovers
 - Store in air-tight containers
 - Plan to eat within the next few days
- Fresh fruits and vegetables
 - **High humidity drawer:** vegetables that might get soft or wilt like carrots, broccoli, cabbage, leafy greens, and herbs
 - **Low humidity drawer:** fruits and vegetables including apples, pears, bell peppers, and berries
- Dairy products and eggs
- Protein: meat, poultry, fish, tofu, etc.
 - Freeze if you are not using within next few days



Apples, pears, bananas and onions should be stored separately from other fruits and vegetables when possible because they speed up the ripening of nearby produce.



Food is health, food is care.
Food is healthcare.

