

Lower Sodium Marinades

An easy way to season grilled foods without a lot of salt. Marinating keeps meat, chicken, fish, seafood and even tofu moist and tender. Our marinades use vinegar and fresh lemon juice as well as buttermilk, yogurt, coconut milk, and healthy oils.

The Right Container

A shallow, nonreactive dish allows marinade to coat food evenly and is easy to transport to the grill. You can also use a large resealable plastic bag; if marinating meat in the refrigerator, rest the bag on a plate in case of leaks.

How Long?

Marinate meat and poultry for at least 30 minutes at room temperature; if marinating longer, refrigerate, turning meat occasionally. Let the meat come to room temperature before grilling. Seafood should be marinated for only 15 to 30 minutes; any longer, and the acid in the marinade will begin to "cook" the fish.

Safety Note

Because it's not safe to consume marinades used on raw fish or meat, set some aside before marinating (or make extra) if you plan to baste food during cooking. Use a clean brush to apply.

Six Marinades

Follow this formula for making marinades: In a small bowl, whisk together an acid (to tenderize); some oil or other liquid, such as buttermilk (to moisten); and assorted seasonings.

NOTE: These recipes make enough to marinate about 2 pounds of meat or fish.

JAPANESE

Besides chicken and fish, this marinade is good with steak, tofu, or vegetables. In place of the vinegar and sugar, try mirin, Japanese cooking wine.

1/2 cup canola oil

1/4 cup rice or wine vinegar (unseasoned – plain)

1 tablespoons 50% less sodium soy sauce

3 tablespoons chopped fresh ginger or 1 teaspoon ground ginger

2 tablespoons sugar

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SPICY

This spicy marinade might overwhelm delicate fish but is appropriate for just about everything else, including grilled turkey.

1/2 cup olive oil
2 tablespoons fresh lemon juice
2 tablespoons Dijon mustard
1/2 teaspoon red or green Tabasco sauce
1/2 teaspoon crushed red pepper

BUTTERMILK

Instead of dill, try finely chopped chives. Or substitute limes for the lemons. Use with chicken, fish, or other seafood.

1/2 cup buttermilk
2 tablespoons chopped fresh dill
2 tablespoons fresh lemon juice
1 tablespoon grated lemon zest
2 tablespoons chopped garlic (3 cloves)

THAI

This vibrant marinade goes well with shrimp, scallops, and firm fish.

1/2 cup coconut milk
1/4 cup coarsely grated shallot (1 shallot)
2 tablespoons fresh lime juice
2 tablespoons chopped fresh cilantro
1/2 teaspoon chili paste

INDIAN

The yogurt helps keep chicken especially moist; add chopped fresh cilantro and ginger for deeper flavor.

1/2 cup plain 2% yogurt
2 tablespoons canola oil
1 teaspoon ground cumin
1 teaspoon ground turmeric
1/2 teaspoon ground coriander

Adapted from: Martha Stewart recipes

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