



Orange Tarragon Marinade

Ingredients

- ¼ cup chicken or vegetable broth
- 2 tablespoons apple cider vinegar
- ½ orange, juiced
- 1 clove of garlic, crushed and minced
- 1 teaspoon fresh tarragon, chopped
- ¼ teaspoon onion powder
- Sea salt and pepper to taste

Makes 1 serving (1 fruit)
1 gram protein
0.5 gram fat
35 calories

Directions

1. Combine liquid ingredients with spices and cook on low heat for 3 minutes.
2. Remove from heat and cool. Marinate chicken or fish for 20 minutes or more.
3. Cook your protein (chicken, seafood, or beef) in remaining marinade.
4. Deglaze the pan periodically with a little water.
5. Save the sauce and add apple cider vinegar to make additional dressing for a salad.
6. Serve over a mixed green salad or with other vegetable.

