

## **Orange Tarragon Marinade**

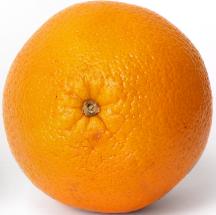
## Ingredients

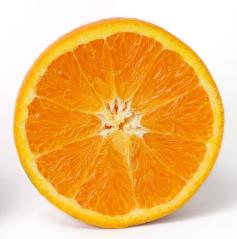
- ¼ cup chicken or vegetable broth
- 2 tablespoons apple cider vinegar
- ½ orange, juiced
- 1 clove of garlic, crushed and minced
- 1 teaspoon fresh tarragon, chopped
- ¼ teaspoon onion powder
- Sea salt and pepper to taste

## **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.







Makes 1 serving

1 gram protein 0.5 gram fat

35 calories

(1 fruit)



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