BBQ Marinades

It's grilling season! Try these three marinades on veggies, chicken, fish, or beef.

#1. Balsamic Marinade (Italian)

Sweet-tart balsamic vinegar spiked with garlic and Italian seasoning makes a fast and flavorful marinade for just about anything you're inspired to grill for dinner.

Ingredients

1/4 cup extra-virgin olive oil
1/4 cup balsamic vinegar
2 cloves garlic, minced
1 tbsp Italian seasoning
1 tsp salt
1/2 tsp freshly ground pepper

Instructions

Whisk oil, vinegar, garlic, Italian seasoning, salt and pepper in a bowl until well combined.

Tips: Nutrition note: Based on Test Kitchen results, 2 tsp of marinade are absorbed per serving.

#2. Rosemary Balsamic Marinade

Ingredients

1/2 cup balsamic vinegar
1 tbsp extra-virgin olive oil
1 tbsp honey
1 tbsp garlic, minced
2 tbsp fresh rosemary, the needles separated from the sprigs
1/2 tsp black pepper, freshly ground

Instructions

- Step 1. Add all ingredients to a medium glass bowl or 4-cup glass measure and whisk until blended
- Step 2. Add your meat (or tofu or veggies) and all of the marinade to a sealable gallon plastic bag. Place in a bowl or dish and refrigerate for up to 24 hours, shaking the bag occasionally to make sure all surfaces of the meat are in contact with the marinade.
- Step 3. Remove meat from the marinade and season it with salt and pepper, if you like. Grill or broil as desired.

#3. Restaurant-Style Marinated Sirloin Steaks

Ingredients

1/2 cup balsamic vinegar
1/4 cup light soy sauce
2 tbsp minced garlic
2 tbsp honey
1 and 1/2 TBS olive oil
1 tsp ground black pepper
1 tsp Worcestershire sauce
1/2 cup very finely chopped onion, add coarsely chopped onion to small food processor, if you have one, and pulse until almost pureed
1/4 tsp salt (optional)
1 pinch cayenne red pepper
4 top sirloin individual steaks, trimmed of visible fat (about 5 ounces each)

Instructions

- Step 1. In an 8 cup measure, whisk together balsamic vinegar, soy sauce, garlic, honey, olive oil, pepper, Worcestershire, onion, salt (if desired), and cayenne.
- Step 2. Place steaks in a shallow glass dish and cover with the marinade. Turn to coat both sides well. Cover and marinate in refrigerator for up to two days.
- Step 3. Preheat grill to medium-high heat. Lightly coat the grill grate with canola cooking spray or oil. Add steaks and grill 5-7 minutes per side, depending on the thickness of the steak and the desired doneness. Throw away any leftover marinade (because it has raw meat juices in it).

Nutritional Information

#1. Balsamic Marinade (Italian)
Servings: 4, 1/2 cup servings

Calories: 48
Total Fat: 5g
Cholesterol: 0mg
Protein: 0g
Total Carbohydrates: 1g
Dietary Fiber: 0g
Sodium: 195mg

Recipe from WebMD

#2. Rosemary Balsamic Marinade
Servings: Makes 3/4 cup
(will cover about 1 and 1/2 pounds meat or fish)

Calories: 25
Total Fat: 1g
Cholesterol: 0mg
Protein: 0.1g
Total Carbohydrates: 4g
Dietary Fiber: 0g
Sodium: 3mg

Recipe from WebMD

#3. Restaurant-Style Marinated Sirloin Steaks
Servings: 4

Calories: 245
Total Fat: 9g
Cholesterol: 87mg
Protein: 32g
Total Carbohydrates: 7.5g
Dietary Fiber: 0.2g
Sodium: 273mg

Recipe from WebMD