



Kicked Up Metabolic Marinade

Shine 365
Marshfield Clinic

PREP TIME: 15 minutes • **REST TIME:** 60 minutes

INGREDIENTS

- 1 bunch cilantro (about 1 cup)
- 2 cloves garlic, minced
- 2 lemons, juiced
- 1/3 cup olive oil
- 1 tsp. ground cinnamon
- 1 tsp. cayenne pepper
- 1 tsp. ground cumin
- 1 tsp. sea salt
- 1/2 tsp. pepper
- 1/2 tsp. cardamom
- 1/2 tsp. ground allspice
- 1/4 tsp. onion powder
- 1/2 tsp. finely diced red bell pepper

INSTRUCTIONS

Place all ingredients into a blender and puree until blended.

Pour marinade over meat or vegetables in a large plastic zip-top bag. Remove as much air as possible from the bag and seal. Turn the bag from side to side to evenly coat the meat or vegetables.

Place the bag flat on a small, rimmed sheet pan and place in the refrigerator. Allow to sit up to 1 hour or overnight for best results. Turning the bag over every few hours helps to keep the food well coated.

When ready to cook, remove food from bag and discard any remaining marinade. Cook as desired.

NUTRITION INFORMATION

Each batch of marinade contains: 790 calories; 9.2 g protein; 74.2 g fat; 38.5 g carbohydrates.

Source: Recipe adapted from bodybuilding.com