



### ***Tuscan Marinade***

***(protein: pork, chicken)***

- 4 garlic cloves, crushed with press
- 6 tablespoons fresh lemon juice
- 3 tablespoons finely chopped fresh basil leaves
- 1 tablespoon anchovy paste
- ½ teaspoon kosher salt
- ¾ teaspoon freshly ground black pepper
- ⅓ cup extra virgin olive oil

To prepare marinade, combine all ingredients except the oil in a bowl, then slowly drizzle in the oil while whisking to emulsify the marinade.

*Approximate nutritional values per 2 tablespoons:  
11 Calories, 0g Fat (0g Saturated), 1mg Cholesterol,  
254mg Sodium, 1g Carbohydrates, 0g Fiber, 0g Protein*