



Jerk Marinade

This is a zingy marinade for whatever is going on the grill. Adapted from a recipe by Laura Molgaard.

Ingredients:

- ¼ cup chives, snipped
- 1 red chili pepper, minced (optional)
- juice of two limes
- 3 tablespoons olive oil
- 2 tablespoons tamari
- 1 tablespoon sugar
- 2 teaspoons black pepper
- ¾ teaspoon nutmeg, freshly grated
- ½ teaspoon ground cinnamon

Procedure:

- Puree all ingredients in a blender.
- Store in a covered jar in the refrigerator for up to 2 days before using to marinate chicken, pork, or fish for the grill. Discard marinade after use.

Serves: 6

Recipe provided courtesy of www.ibsfree.net and GI Nutrition Inc.