

Herbal Legacy Recipes

ANY VEGETABLE MARINADE

From FAVES by Melissa Chappell
Makes about 1½ cups

This can go over any combination of vegetables your heart desires. It also has the wonderful attribute of staying good for forever in your fridge because of the preservative qualities of garlic, tamari, and olive oil. You can use *toasted* sesame oil, but the flavor is so strong, you'll only need a quarter to a half-teaspoon at the most.

INGREDIENTS:

- ½ C olive oil
- ½ C tamari
- 2 T sesame oil (*not toasted*) (both optional)
- juice of ½ an orange (4 T) or 3 drops orange essential oil (optional)
- ¼ C agave or honey
- 1 medium clove garlic, minced
- ½" piece ginger, minced
- 1 toothpick dip ginger essential oil

DIRECTIONS:

Combine everything (if you use the optional untoasted sesame oil, decrease the olive oil amount by 2 T). Pour over cut up veggies. Use any combination. Broccoli and Tomatoes is one of my favorite combinations. This is also good over whole mushrooms and asparagus, together or alone.



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