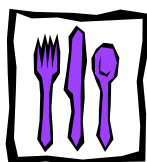
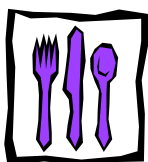


Flavorful Low-Sodium Recipes

By Leighanna Konetski, Community Nutritionist



Quick and Zesty Marinade for Meat and Vegetables

Ingredients

- 3 Tablespoons Chopped Cilantro
- 1/2 Cup Low-Sodium Zesty Italian Salad Dressing
- 1 Tablespoon Lime or Lemon Juice

Method

1. Mix all above ingredients.
2. Put meat or vegetables into large zip-lock bag and pour in marinade. Close bag.
3. Leave in the refrigerator for 30 minutes or overnight.
4. When done marinating remove vegetables/meat and discard remaining marinade. Cook or grill vegetables/meats however you would like.

Nutrition information: This marinade provides a total of 140mg of sodium, and 100 calories for the entire recipe. It is not broken into serving sizes since it is discarded.

For more recipes or questions please call the Nutrition Office at 303-297-0408.



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