

## Lemon-Herb Marinade for Poultry

### Ingredients:

1 tablespoon extra-virgin olive oil  
Zest from one lemon, finely chopped  
2 tablespoons maple butter (try specialty food markets)  
4 tablespoons freshly squeezed lemon juice  
2 teaspoons minced garlic  
2 tablespoons chopped fresh parsley  
1 tablespoon fresh thyme leaves  
1/4 teaspoon salt  
1/4 teaspoon freshly ground pepper

### Preparation:

Add oil, zest, maple butter, lemon juice, garlic, parsley, thyme, salt, and pepper to a sealable plastic bag or medium bowl and whisk until completely blended.

Add your meat to the marinade in bag or bowl (about 2 to 4 boneless, skinless chicken breast halves) and marinate in the refrigerator for about 6 hours (or up to 24 hours).

Remove chicken from the marinade and grill or broil as desired.

### Yield:

About 1/2 cup of marinade (enough for 2 to 4 chicken breasts)

### Nutritional Information:

Per tablespoon of marinade: 34 calories, 0 g protein, 5 g carbohydrate, 1.7 g fat, 0.2 g saturated fat, 0 mg cholesterol, 0 g fiber