

Pomegranate Marinade

Ingredients:

- 1 cup pomegranate juice
- 1/4 cup red wine vinegar
- 1 tablespoon extra-virgin olive oil
- 1 tablespoon minced garlic
- 2 tablespoons finely chopped fresh thyme leaves
- 1/4 to 1/2 teaspoon cayenne red pepper (depending on your preference)
- 1/2 teaspoon freshly ground pepper

Preparation:

Add the pomegranate juice to a small nonstick saucepan and bring to a boil. Keep it at a gentle boil and let the juice reduce down to around 1/3 cup. Let the juice cool for about 30 minutes. Add remaining marinade ingredients to the saucepan with the pomegranate juice and whisk until blended.

3. Add your meat and all of the marinade to a sealable gallon plastic bag. Place bag in a bowl or dish and refrigerate for up to 24 hours, shaking the bag occasionally to make sure all surfaces of the meat are in contact with the marinade.

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

Yield:

About 2/3 cup (will cover about 1 to 1 1/2 pounds of meat)

Nutritional Information:

Per 1 tablespoon marinade: 30 calories, 0.1 g protein, 5 g carbohydrate, 1.4 g fat, 0.2 g saturated fat, 0 mg cholesterol, 0 g fiber, 1 mg sodium.