

Ginger Peach Marinade

Integrated Marketing Services - Apopka, FL

Servings: 4

Start to Finish Time: 7 minutes

1 large peach, pitted and cut up

1/4 cup prepared chicken broth

2 tablespoons cider vinegar

2 teaspoons gingerroot, peeled and grated

1/8 teaspoon ground red pepper OR cayenne

In a blender or food processor container, combine the peach, broth, vinegar, gingerroot and pepper. Blend.

To use when grilling, place the marinade with four servings of chicken or pork in a large dish or resealable plastic bag. Toss to coat.

Refrigerate for at least four hours before grilling the meat as usual.

Discard any remaining marinade after removing the meat.

Per Serving (excluding unknown items): 12 Calories; trace Fat (1.3% calories from fat); trace Protein; 3g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; trace Sodium. Exchanges: 0 Fruit; 0 Other Carbohydrates.