

Sauces

Honey Marinade

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1/4 cup honey
1 tablespoon balsamic vinegar
1 tablespoon canola oil
1 tablespoon water
2 teaspoons ground cumin
1 teaspoon ground coriander
1 teaspoon ground red pepper

In a small bowl, combine all of the ingredients. Mix well.

Refrigerate the marinade for up to one day.

Per Serving (excluding unknown items): 401 Calories; 15g Fat (30.8% calories from fat); 1g Protein; 74g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 12mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Fruit; 3 Fat; 4 1/2 Other Carbohydrates.