

Ginger-Lime Marinade

2/3 cup vegetable Oil

1/3 Cup Lime Juice

1/3 Cup Honey

1 Tablespoon + 1 teaspoon grated fresh ginger

¼ teaspoon red pepper flakes

Combine in a food processor. This is enough marinade for about 3 pounds of chicken. Save about ½ cup to brush with during grilling. Place the rest in bag with meat and coat well. Let set for atleast an hour.



<http://www.lincolntent.com/GlutenFreeCaseinFree-Sauces.html>