

## Mediterranean marinade

### Ingredients:

- 1 cup. fresh lemon juice
- 2/3 cup White wine vinegar
- 2 Tablespoons fresh. chopped Italian Herbs  
(Oregano, Rosemary, Basil)
- 1/2 teaspoon minced garlic
- 1 teaspoon ground black pepper
- 2 cup olive oil



### Preparation:

Mix all ingredients well. Easy to do in a food processor or blender. Set some of the marinade aside for cooking. Pour the rest over meat in zip-lock bag or bowl let sit for 2 to 24 hours.

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