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## CITRUS MARINADE

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### INGREDIENTS

1/4 cup balsamic vinegar  
1/4 cup fresh orange juice  
1/4 cup fresh lemon or lime juice  
2 tsp. spicy brown mustard

### DIRECTIONS

Combine vinegar, orange juice, citrus juice and mustard in a bowl.

Whisk together with a fork.

Coat meat and marinate in refrigerator for 1 to 2 hours.

**BRENDA'S  
TIP**

One of my favorite marinades or bastes for beef, chicken, fish or even grilled or roasted vegetables. This recipe is ideal for approximately two 4-oz. fillets of meat.



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**CALORIES:** 133 • **PROTEIN:** 2 grams • **FIBER:** 0 grams  
**SERVING SIZE:** use entire recipe for marinating or basting