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# Lemon Garlic Marinade

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SERVES: 4

PREP TIME: 5 minutes for  
marinade/ meat in marinade 4 to  
12 hours

COOK TIME: 30 minutes

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## INGREDIENTS

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1 lemon, zest and juiced

3 Tbsp. Extra virgin olive oil

1 tsp. pepper

1 clove of garlic, minced or 1 Tbsp.  
minced garlic

1 tsp. salt

2 tsp. oregano

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## DIRECTIONS

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1. In a gallon-sized bag, add the ingredients. Close the bag. Knead the bag until the ingredients are combined.
  2. Add boneless ribs, pork chops, or chicken breasts.
  3. Allow meat to marinate for 4 to 12 hours or freeze for up to 3 months.
  4. Preheat the oven to 425 degrees. Place meat in a baking dish.
  5. Cook the pork or chicken for 20 to 30 minutes.
  6. Once cooked, remove from the oven, and allow to rest for 10 minutes before serving.
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## NOTES

The pork must be cooked to an internal temperature of 145 degrees, and the chicken should be cooked to an internal temperature of 165 degrees.