

## 3 Ingredient Marinades

Directions: Combine all ingredients in a bowl with 1lb of chicken (or other meat) and toss to coat. Refrigerate 1-3 hours, then pat dry with a paper towel and bake at 400° until cooked through. Time and temperature may vary depending on the meat and cut used.

	¼ cup fat	2 tbsp acid	1-2 tsp salt
Coconut	Coconut milk	Lemon juice	Kosher salt
Asian style	Sesame oil	Seasoned rice vinegar	Soy sauce
Tex-mex	Canola oil	Lime juice	Taco seasoning
Ranch	Canola oil	Buttermilk	Ranch seasoning
Old Bay	Canola oil	Buttermilk	Old Bay seasoning
Worcestershire	Peanut oil	Apple cider vinegar	Worcestershire sauce
Hawaiian	Canola oil	Pineapple juice	Smoked sea salt
Miso	Sesame oil	Seasoned rice vinegar	Miso paste
Sweet & tangy	Coconut milk	Pineapple juice	Fish sauce