



BODYBUILDING.COM™

Lemon Dill Marinade

Ingredients:

1 lemon, juiced
2 tbsp olive oil
2 tbsp freshly chopped dill or 1 tbsp dried dill
1 clove garlic, minced
1/2 tsp honey

Directions:

1. Combine all the ingredients in a bowl together and then brush over your desired food. This recipe works excellent with fish recipes but also tastes great on chicken or simply brushed over vegetables before grilling.