



Marinade-Vinaigrette

1/4 cup Red Wine Vinegar

1/4 cup Fresh Lemon Juice

3 TBS Extra Virgin Olive Oil

1 TBS Sugar

1 TBS Garlic – minced

1/2 TSP fresh Rosemary – minced

1/2 TSP fresh Thyme – minced

1/2 TSP Fresh Oregano – minced

Pinch of crushed Red Pepper Flakes

Salt and Pepper

Combine all of the above ingredients and use as a marinade or a salad dressing.