

## **Citrus Island Spice Marinade**

www.HeinzCookbook.com

**Servings: 1**

**Start to Finish Time: 5 minutes**

**1/2 cup Lea & Perrins Original Worcestershire sauce**

**1/4 cup orange juice**

**2 tablespoons olive oil**

**1 tablespoon jalapeno pepper, finely chopped**

**1/4 teaspoon allspice**

**1/4 teaspoon salt**

In a medium bowl, combine the Worcestershire, orange juice, oil, jalapeno, allspice and salt. Mix well.

Place your favorite meat or poultry in the marinade and turn until well coated.

Cover and marinate in the refrigerator for at least 30 minutes, turning occasionally.

Remove the meat or poultry from the refrigerator, reserving the marinade.

Grill or broil to the desired doneness, basting frequently for the first 5 to 10 minutes.

Discard any remaining marinade.

---

Per Serving (excluding unknown items): 270 Calories; 27g Fat (88.9% calories from fat); 1g Protein; 7g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 534mg Sodium. Exchanges: 0 Grain(Starch); 0 Vegetable; 1/2 Fruit; 5 1/2 Fat.