

Tarragon and Garlic Infusion/Marinade

Makes 1-2 servings
0 protein
0 fat
Less than 5 calories

Ingredients

- 2-3 sprigs of fresh tarragon
- ½ cup apple cider vinegar
- 2 tablespoons lemon juice
- 2 cloves garlic, crushed and minced
- 1 tablespoon onion, diced
- 1 teaspoon sea salt
- Fresh ground black or white pepper

Directions

1. Pour vinegar and lemon juice into a lidded jar.
2. Add sprigs of tarragon, garlic, onion, and spices.
3. Marinate overnight or up to a week.
4. Enjoy with fish, chicken, or as a marinade or dressing.

