

# Tips For Flavorful, Healthy Marinades

(NAPSA)—Cultures worldwide have used marinades to season and coat meats, poultry, fish and vegetables. Typically acidic, marinades mix various ingredients with basics such as lemon juice, oil, vinegar, herbs and spices.

Soaked in these aromatic baths, foods gradually absorb the marinade's flavors while the acids in the liquid tenderize food for better cooking results. Studies show that marinating foods before grilling helps reduce potentially unhealthy compounds caused by flare-ups from fats dripping onto hot coals.

Since acid is a key tenderizing ingredient in marinades, you may want to marinate in non-reactive containers such as Pyrex glassware. Glass is nonporous, won't stain or absorb food odors, as plastics do, and cleans up with no tacky residue, even when oils are used. Microwave- and oven-safe Pyrex glassware is one of the healthiest mediums to marinate in since it won't retain bacteria the way porous containers can.

When marinating for long periods, foods should be stored in the refrigerator, in multi-purpose containers such as Pyrex glass storage units. After marinating, the oven-safe glassware can be used to bake or roast food. After cooking, leftovers can be returned to the containers for storage in the refrigerator or freezer.

The round-, square- and rectangular-shaped containers come with snap-on plastic lids equipped with vents for microwave use. The lids allow for leak-proof shaking to saturate foods in marinade.

Here are two easy recipes for marinating and then baking in the same dish in the oven.



Oven-safe glass containers are best for marinating and roasting.

## Classic Marinated Chuck Roast Serves 6

- ¼ cup green bell pepper, chopped
- ¼ cup onion, chopped
- ¼ cup celery, chopped
- ¼ cup cider vinegar
- 1½ teaspoons salt
- ½ teaspoon ground black pepper
- ½ cup red wine (or non-alcoholic grape juice)
- 3 pound chuck roast or top round
- Salt & pepper to taste

In a bowl combine marinade ingredients: bell pepper, onion, celery, cider vinegar, salt, pepper and wine. Place the meat into a 3-qt. rectangular Pyrex storage dish and pour marinade over the roast and seal with the plastic lid. Refrigerate for 12 to 24 hours, shaking or turning occasionally.

When ready to roast, remove plastic cover and place dish into a 325° preheated oven and roast for three hours, until tender. Add salt

and pepper to taste and serve immediately.

## Balsamic Glazed Roast Chicken Serves 4

- 8 chicken thighs
- ½ cup of balsamic vinegar
- 3 tablespoons of olive oil
- 5 cloves garlic, minced
- ½ cup chopped basil
- Salt & pepper to taste

Rinse chicken thighs, pat dry and place in 3-qt. oval Pyrex storage dish. In a separate bowl combine marinade ingredients: balsamic vinegar, olive oil, garlic and basil. Pour marinade over chicken thighs, coating the poultry completely. Cover with plastic lid and refrigerate for 3 hours.

When ready to roast, remove plastic cover and place dish with chicken into a preheated 375° oven and roast for an hour and a half or until done. Adjust with salt and pepper and serve immediately.

For more information, visit [www.pyrexware.com](http://www.pyrexware.com).