

BASIC MARINADE

SOURCE: Weight Watchers New Complete Cookbook

INGREDIENTS:

1 onion, thinly sliced
1/2 carrot, thinly sliced
2 garlic cloves, thinly sliced
1 C dry red wine
2 sprigs fresh thyme or 1/2 tsp dried
1 bay leaf
1/4 tsp juniper berries, lightly crushed
6 black peppercorns

DIRECTIONS:

Spray medium non-reactive saucepan with nonstick cooking spray - heat. Sauté onion, carrot & garlic till softened (about 5 minutes). Add wine, thyme, bay leaf, juniper berries & peppercorns - bring to boil - boil till slightly reduced (7-8 minutes). Strain, discarding solids.

Makes 4 servings

(per serving: 61 calories; 0g total fat; 0g saturated fat; 0mg cholesterol; 17mg sodium, 5g total carbohydrates; 1g dietary fiber; 1g protein, 18mg calcium - WW points per serving: 1)