Rosemary-Red Onion Marinade

2   garlic cloves, minced
2   sprigs fresh rosemary, chopped
¼   cup minced red onion
¼   cup PICS red wine vinegar
¼   teaspoon kosher salt
½   teaspoon PICS ground black pepper
½   cup extra virgin olive oil

Chimichurri Marinade

(use a blender or food processor)
4   garlic cloves
2   green onions, coarsely chopped
¼   cup packed fresh cilantro leaves
¼   cup packed fresh Italian parsley leaves
¼   cup PICS white wine vinegar
1   teaspoon PICS oregano leaves
¾   teaspoon kosher salt
½   teaspoon PICS freshly ground black pepper
¼   teaspoon ground red pepper
¾   cup extra virgin olive oil

Citrus-Spiced Marinade

(use a blender or food processor)
4   green onions, coarsely chopped
2   garlic cloves
½   habanero chile pepper, seeded and coarsely chopped
¼   cup fresh lemon juice
¼   cup fresh orange juice
½   teaspoon orange zest
¼   teaspoon PICS Dijon mustard
¼   teaspoon kosher salt
⅛   teaspoon PICS ground black pepper
½   cup extra virgin olive oil

Mouthwatering Marinades

Take kabobs from average to outstanding using simple and creative marinades. Use a food processor or blender to purée ingredients like garlic, onion or chile peppers, then drizzle in the oil to blend. Use about ½ cup of marinade per pound of meat or vegetables. Marinate proteins and vegetables separately in zip-top plastic bags; be sure to reserve some of the marinade for serving. Used marinade must be discarded. If your marinade contains acids or citrus juice, marinate shrimp and fish 15 to 30 minutes, scallops 30 minutes to 1 hour, chicken, pork and beef 2 to 6 hours, and vegetables 2 to 8 hours.

Prep Tips

If using wooden skewers, soak them in water for 20 minutes to prevent burning them. When prepping kabob ingredients, cut proteins and vegetables into same-sized pieces (about 1-inch) so they cook evenly. Thread protein and vegetables separately on skewers due to varied cooking times. Grill kabobs over medium heat, turning every few minutes to ensure even cooking.