

Lime Cilantro Vinaigrette

Ingredients

1/2 cup lime juice
1/2 cup white wine vinegar
1/4 cup honey
1/4 cup brown sugar
1/2 tsp sea salt
1 T fresh garlic
3 T dijon mustard
3 cups Lime Cilantro Seasoned Olive Oil

Instructions

In a large container, combine the lime juice and white wine vinegar. Add sugar, honey, garlic and salt. Whisk (or use blender) until smooth. Add mustard, then slowly add oil in a thin stream while continuously blending.

Yield: About 4 cups

Note: This recipe can be easily halved

Lime Cilantro Tuna

INGREDIENTS

- 1/2 cup Lime Cilantro olive oil
- 1/8 cup balsamic vinegar
- 2 cloves garlic, minced
- 1 tablespoon minced fresh ginger root
- 1 pound yellowfin tuna fillets
- 1/4 cup honey
- 1/4 cup Lime Cilantro olive oil (additional)

DIRECTIONS

1. In a medium bowl, mix together 1/2 cup olive oil, balsamic vinegar, garlic, and ginger. Add tuna fillets, and turn to coat evenly. Let marinate for several hours in the refrigerator.
2. Preheat an outdoor grill for high heat and lightly oil grate. In a small bowl, mix together honey, and the remaining Lime Cilantro Olive Oil; set aside.
3. When grill is hot, reduce heat to low, and place tuna fillets on grate. Close lid, and cook for 1 to 2 minutes. Flip fillets over carefully, and close lid again for another minute to sear fish. Open lid, and continue cooking until barely done, basting frequently with marinade. When fish is almost cooked through, brush the honey glaze over both sides of fish, and remove from grill.

Note - Ahi is the Hawaiian name for yellowfin tuna .

Cilantro Lime Chicken

2 t sugar

6 cloves of garlic sliced thin

2 t soy sauce

¼ cup Lime Cilantro Seasoned Olive Oil --- (depending on size of chicken, you may want to increase to ½ cup.)

freshly ground black pepper

1/4 t of roasted red pepper flakes

Combine the above ingredients in a large ziplock bag filled with 4 chicken breasts. Let them marinate for about an hour and half before grilling them.

These recipes are courtesy of The Olive and The Grape. If you would like more suggestions and/or recipes, please contact us.

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