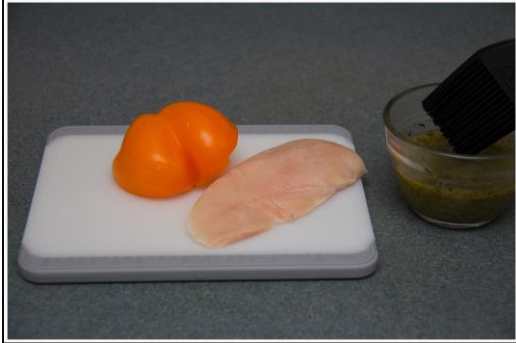


Rosemary Rub



Diet a little bland? Brush this rub on vegetables or chicken for a flavor boost.

Yield: $\frac{3}{4}$ cup

Ingredients	Quantity	Comments
Ground black pepper	1 tablespoon	
Kosher salt	1 tablespoon	
Fresh rosemary, chopped	3 tablespoon	
Dried rosemary	1 tablespoon	
Garlic cloves, diced or pressed	6 cloves	
Olive oil	1/3 cup	

Instructions

- Blend all ingredients in a food processor until smooth
- Brush onto meat or chicken right before grilling
- Coat vegetable before grilling or broiling. (Note – with potatoes, partially cook before coating)