

Yogurt and Chive Marinade



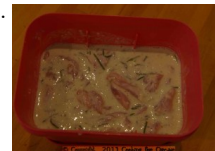
Serves	1 1/2 cups
Prep time	5 minutes
Allergy / Intolerance	Amines , Artificial Additives , Artificial Colours , Glutamates , Preservatives , Salicylates
Suitable for	Amines Challenge , RPAH Elimination Diet - Amines Allowed , RPAH Elimination Diet - Moderate Chemical
Meal type	Ingredient
Misc	Child Friendly , Pre-preparable , Serve Cold
Occasion	Barbecue

Ingredients

- 1 cup natural yogurt
- 1 bunch chives
- 1 pear (peeled and cored)
- 1 teaspoon minced garlic

Directions

1. Place all the ingredients into a food processor and blend until smooth.
2. Add to the meat to be marinated and refrigerate, covered, for at least 30 minutes.



Note

Low Salicylates, Moderate Amines, Low Glutamates

A note on yogurt: "Fresh yogurt, natural, plain or vanilla" is listed in the 2011 version of the RPAH Elimination Diet Handbook as low chemical. The previous 2009 version listed "Yogurt" as moderate in Amines. The definition of "fresh yogurt" in the 2011 version is not clear. All recipes on this site use the moderate amines rating for yogurt. If you are using fresh yogurt then the amine level of that ingredient will be low. There may, however, be other amine ingredients in the recipe.