**Cilantro Mustard Seed Marinade**

**Ingredients:**

3 tbsp brown mustard seeds

¼ c fresh lime juice

2 tbsp minced fresh ginger

1tbsp minced garlic

2 tbsp grated lime zest

Pinch salt and pepper

½ cup olive oil

1 cup chopped cilantro

**Marinate in refrigerator:** fish or shrimp - 30 minutes

chicken - 2 hours

**Directions:**

In medium bowl combine the mustard seeds, lime juice, ginger, garlic, lime zest, salt and pepper. Stir in oil and cilantro. Let stand at room temp for 30 minutes.

**Note:**

The marinade can also be used as a dipping sauce for grilled fish, shell fish or poultry. If you want to use it both before and after grilling, be sure to set aside about ½ cup before marinating to serve as a sauce.