

**Misc.**

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## **Grilling Rub - Smoky Spice Rub**

Women's Day Magazine

*Best for Chicken, lamb chops, salmon, pork tenderloin, skirt steak.*

*For major flavor, refrigerate for a few hours before cooking.*

*Can be stored for up to three months in an airtight container.*

*Pat about two tablespoons into each pound of meat.*

**1/4 cup smoked paprika**

**2 tablespoons ancho chili powder**

**2 tablespoons ground cumin**

**2 teaspoons Kosher salt**

**1 teaspoon black pepper**

**1 teaspoon dry mustard**

Yield: 1/2 cup

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Per Serving (excluding unknown items): 57 Calories; 3g Fat (42.1% calories from fat); 3g Protein; 7g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 3781mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 1/2 Fat.