

South-Of-The-Border Rub

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1 tablespoon ancho chile powder

1 tablespoon unsweetened cocoa powder

1/2 teaspoon cinnamon

salt and pepper (to taste)

In a small bowl, combine all of the ingredients.

Rub into one pound of pork or beef or over a whole chicken.

Let stand 15 minutes before grilling or roasting as usual.

Per Serving (excluding unknown items): 15 Calories; 1g Fat (26.1% calories from fat); 1g Protein; 4g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 1mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 0 Fat.