
Luau-Style Ribs

Publix Aprons

Servings: 6

Preparation Time: 10 minutes

Start to Finish Time: 2 hours

2 tablespoons blackening seasoning

1 tablespoon brown sugar

1 tablespoon reduced-sodium soy sauce

3 pounds pork baby back ribs

aluminum foil

1/2 cup pineapple juice

1 cup Carolina-style gold barbecue sauce

In a bowl, combine the seasoning, sugar and soy sauce. Rub the mixture on both sides of the ribs (wash your hands).

Bake (or grill): Preheat the oven to 350 degrees (or preheat the grill). Place the ribs on foil in a single layer. Bring up the ends of the foil and double-fold both sides up to completely seal the ribs. Place the foil packet on a baking sheet. Bake for two hours until the ribs are 145 degrees. (Or place the foil packet on a covered grill for two hours until the ribs are 145 degrees.)

Finish the ribs by combining the barbecue sauce and 1/2 cup of pineapple juice in a bowl. Open the foil packet (or place the ribs on a foil-lined baking sheet) and lightly coat with one-third of the sauce mixture. Leaving the foil pack open, bake the ribs for 10 more minutes. (Or grill the ribs for 10 minutes directly on the grill rack.) Coat the ribs lightly with sauce when done.

Serve with the remaining sauce for dipping.

Pork

Per Serving (excluding unknown items): 19 Calories; trace Fat (0.9% calories from fat); trace Protein; 5g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 101mg Sodium. Exchanges: 0 Vegetable; 0 Fruit; 0 Other Carbohydrates.