



YOU CAN COOK
AND YOU DO HAVE THE TIME

Kev's Kitchen

LEMON RIBS

Time: 60 minutes (plus overnight marinating)

Serves: 4

Ingredients:

½ cup fresh lemon juice
2 tablespoons garlic powder
1 tablespoon ground oregano
1 tablespoon MSG-free seasoning salt
1 teaspoon fresh ground black pepper
1 rack pork back ribs

Preparation:

In a small bowl, mix together the lemon juice, garlic powder, oregano, seasoning salt and black pepper.

Peel the membrane from the bone side of ribs by starting a corner with a paring knife and gripping the membrane with a paper towel to tear it completely off. Cut the rack into four equal pieces and place in a heavy plastic bag.

Pour the marinade mixture over the ribs and rub to coat evenly. Remove any excess air from the bag and refrigerate overnight.

Preheat your barbecue grill on medium low. Place the ribs on the grill meaty side up and cook covered for twenty-five minutes. Turn the ribs meaty side down and grill covered for another fifteen minutes.

Remove from heat, let rest for five minutes and serve.

Nutritional Information Per Serving:

Calories: 250
Fat: 20g
Carbs: 0g
Fibre: 0g
Protein: 17g