

Open-Faced Orange and Cumin-Spiced Pork Sandwiches

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Servings: 4

Preparation Time: 15 minutes

Start to Finish Time: 5 hours 15 minutes

As an alternative, instead of making sandwiches, pile the pork, spinach and onions on top of Cheddar cheese grits.

1 orange

2 limes

1 tablespoon paprika

2 teaspoons ground cumin

6 whole cloves (optional)

Kosher salt

pepper

1/2 cinnamon stick

3 pounds pork butt or shoulder, trimmed and cut into 4-inch pieces

1/2 small red onion

4 slices country bread

1 bunch spinach, thick stems discarded

Zest the orange into a 5- to 6-quart slow cooker.

Squeeze the juice of the orange and limes into a measuring cup (you should have about 3/4 cup total). Transfer all but 1/4 cup of the juice to the slow cooker.

Refrigerate the remaining juice.

Add the paprika, cumin, cloves (if using), 1/2 teaspoon of salt and 1/4 teaspoon of pepper to the slow cooker and whisk to combine. Add the cinnamon stick.

Add the pork and toss to coat.

Cook, covered, until the pork is tender and easily pulls apart, on LOW for 7 to 8 hours or on HIGH for 5 to 6 hours.

When the pork has 15 minutes left to cook, thinly slice the onion and add it to the reserved juice. Let it sit, tossing occasionally, until ready to use.

Toast the bread.

Remove the cinnamon stick. Using forks, shred the pork and stir it into the cooking liquid. Push the pork to one side.

Add the spinach to the other side.

Season with 1/4 teaspoon of salt and toss until beginning to wilt.

Top the bread with the pork, spinach and onions.

Per Serving (excluding unknown items): 48 Calories; 1g Fat (9.8% calories from fat); 1g Protein; 12g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 10mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; 1/2 Fruit; 0 Fat.