

Baby-Back Ribs with Texas Blackjack Sauce and Peach Coleslaw

Women's Day Magazine - May 30, 2006

Servings: 4

Preparation Time: 10 minutes

Start to Finish Time: 1 hour

This can be very good with grilled corn on the cob.

This can be prepared through step two one day ahead. Cover and refrigerate.

RIBS

3 pounds baby-back ribs, cut into four sections

1 bottle (18 oz) barbecue sauce (we used Cattleman's Classic)

3 tablespoons brown sugar

2 tablespoons instant coffee

2 tablespoons Worcestershire sauce

PEACH COLESLAW

1/4 cup slaw dressing

1 tablespoon Dijon mustard

4 cups coleslaw mix

2 ripe medium peaches, chopped

1/2 cup red pepper, chopped

Put the ribs in a large pot with just enough water to cover. Bring to a boil. Reduce the heat, cover and simmer for 45 minutes, or until the meat is fork-tender.

Meanwhile, mix the barbecue sauce, sugar, coffee and Worcestershire sauce in a small saucepan. Heat over medium heat, stirring until the sugar and coffee dissolve. Remove from the heat.

For the coleslaw. Stir the dressing and mustard in a large bowl. Add the coleslaw mix, peaches and red pepper. Toss to mix. Refrigerate until serving.

Coat the outdoor grill rack with nonstick spray.

Heat the grill. Place the ribs, rounded side down, on the rack. Brush with the sauce and grill for 3 minutes.

Turn the ribs and brush with sauce. Grill for 6 minutes more.

Turn the ribs again and brush with sauce. Grill another 3 minutes.

Serve with the rest of the sauce and the coleslaw.

Per Serving (excluding unknown items): 40 Calories; trace Fat (4.3% calories from fat); trace Protein; 9g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 124mg Sodium. Exchanges: 0 Lean Meat; 0 Vegetable; 0 Fat; 1/2 Other Carbohydrates.