



Fresh Chilean Blueberry and Ginger Glazed Pork Ribs

INGREDIENTS

1 small onion, diced
2 cloves, garlic, minced
3 Tbsp. olive oil
1-1/2 cups ketchup
2 cups Fresh Chilean Blueberries
1/4 cup molasses
2 Tbsp. vinegar
2 Tbsp. brown sugar
2 Tbsp. fresh ginger, minced
salt and pepper to taste
4 lbs. baby back pork ribs



INSTRUCTIONS

Preheat oven to 375°F.

In a medium saucepan, sauté onion and garlic in olive oil. Add all other sauce ingredients. Stir well. Bring to a boil. Reduce heat to a simmer. Cover and cook for 20 minutes.

Coat both sides of ribs with sauce. Reserve 1/3 of sauce for a second coating. Arrange ribs meat side up on a cooling rack. Set in a foil lined pan. Cover with foil and bake 1 hour. Remove foil and bake 30 minutes more. Coat ribs with second layer of sauce. Bake another 30 minutes at 400° F.

SERVES 6-8

NUTRIENTS PER SERVING

624 calories, 41 gms total fat, 371calories from fat, 15 gms saturated fat, 160 mg cholesterol, 676 mg sodium, 1 gm dietary fiber, 37gms protein

Recipe from the Chilean Fresh Fruit Association



www.ChileanFruitOnline.com