

COOK'S CORNER by Catherine Hannon

All Fired Up!

Turn up the heat and get grilling.

Apricot-Lime glazed shrimp . Makes 4 servings. Prep 15 minutes, Cook 15 minutes, Grill 6 minutes.

- 1 cup rice
 - 1 pound snow peas, trimmed
 - 1 tablespoon olive oil
 - ½ cup cilantro chopped
 - ½ cup reduced-sodium soy sauce
 - 3 tablespoons lime juice
 - ¼ teaspoon red pepper flakes
 - 2 pounds jumbo shrimps shelled and deveined
1. Cook rice following package directions, about 15 minutes. Meanwhile, bring a medium pot of lightly salted water to a boil ; add snow peas and cook 4 minutes. Drain and toss with cooked rice, olive oil and cilantro.
 2. Combine apricot preserves, soy sauce, lime juice and red pepper flakes. Stir 4 tablespoon of the mixture into the rice. Cover and refrigerate until ready to serve.
 3. Heat grill to medium – high. Lightly coat grill rack with oil or nonstick cooking spray. Reserve 2w tablespoon of the apricot mixture. Brush remaining mixture o shrimp and grill 2 to 3 minutes per side or until cooked through.
 4. Serve shrimp with rice and reserved sauce.

Per serving 487 Cal, 5g fat, 33g Pro, 72g, Carb , 2g Fiber ,752mg sodium , 252mg Chol.

Recipe From the Family Circle

Fourth of July Barbecue!

Turns out there is something more American than apple pie: a backyard cookout. Do your patriotic duty (and wow your friends) with the ultimate do-ahead ribs.

SAUCE SHORTCUT. Glaze your racks with store-brought sauce.

Best ever Barbecued Ribs. Active 20 minutes Total 2-3 hours

8 servings. Choose baby backs or spareribs .Then follow three simple steps: Season ,bake ,and grill.

- 2 Tbsp. kosher salt
 - 1 Tbsp. dry mustard
 - 1 Tbsp. paprika
 - ½ tsp. cayenne pepper
 - ½ tsp. freshly ground black pepper
 - 8 lb. baby back pork ribs (8 racks) or St. Louis –style spareribs(4 racks)
 - 1 ½ cups store-*bought* or home made barbecue sauce plus more
1. Preheat oven to 350
 2. Combine first 5 ingredients in a small bowl.
 3. Place each rack of ribs on a double Layer of foil; sprinkle rub all over ribs.
 4. Wrap racks individually and divide between 2 baking sheets.
 5. Bake ribs until very tender, about 2 hours for baby backs and 3 hours for spareribs.
 6. Unwrap; pour Any juices into a heatproof cup; reserve juices. Let ribs cool completely. Rewrap ribs in foil and chill.
 7. Heat grill to high. Whisk reserved rib juices into barbecue sauce.
 8. Grill ribs, basting with barbecue sauce mixture and turning frequently ,until lacquered and charred in places and heated through ,7-10 minutes.
 9. Transfer to a cutting board: cut between 3n ribs to separate.
 10. Trasfer to a platter and serve with additional barbecue sauce.



Recipe from Bon Appetit.