

FOOD

Pico de Gallo



Pico de Gallo should be simple, and this is, while packing plenty of flavor. Serve with your favorite tortilla chips.

Ingredients:

- 4 ripe plum tomatoes, seeded and finely chopped
- 1 small white onion, finely chopped
- 1/2 cup cilantro leaf, chopped (or more to taste!)
- 2 -3 jalapeno peppers, seeded and finely chopped
- 1 tablespoon lime juice
- salt to taste (just a couple pinches)

Directions:

1. Combine all ingredients; cover and refrigerate for at least an hour.
2. This tastes best the same day that it's made, but is okay the next day.



Easy to make and a great dish to bring to a potluck or family party.

Fruit Salad With Pudding

Ingredients:

- 1 (29 ounce) can peach slices, undrained
- 1 (20 ounce) can pineapple chunks, undrained
- 1 (3 1/8 ounce) boxdry vanilla instant pudding mix
- 1 lb strawberry, stemmed and quartered
- 1 banana, sliced
- 1/2 pint blueberries
- 1 bunch grapes (I use the red ones)
- 1 or 2 tablespoon sugar (optional)

Directions:

1. In a large bowl, combine peaches, pineapples, and vanilla pudding mix.
2. This includes the juices from the cans.
3. Mix well until pudding is dissolved.
4. Stir in strawberries, banana, blueberries, grapes, and sugar if desired.
5. Chill.

Oven Broiled Barbecue Ribs

Ingredients:

- 4 lbs pork ribs
- 3/4 cup light brown sugar
- 1 teaspoon hickory smoke salt
- 1 tablespoon paprika
- 1 tablespoon garlic powder
- 1/2 teaspoon ground red pepper (optional)
- 2 cups of your favorite barbecue sauce

Directions:

1. Preheat oven to 300 degrees f.
2. Peel off tough membrane that covers the bony side of the ribs.
3. Mix together the sugar and spices to make the rub.
4. Apply rub to ribs on all sides.
5. Lay ribs on two layers of foil, shiny side out and meaty side down.
6. Lay two layers of foil on top of ribs and roll and crimp edges tightly, edges facing up to seal.
7. Place on baking sheet and bake for 2-2 1/2 hours or until meat is starting to shrink away from the ends of the bone.
8. Remove from oven.
9. Heat broiler.



These can be done with baby back or regular pork ribs. I have also made split chickens this way. The ribs are tender, moist and just slide off of the bone.

10. Cut ribs into serving sized portions of 2 or 3 ribs.
11. Arrange on broiler pan, bony side up and brush on sauce.
13. Broil for 1 or 2 minutes until sauce is cooked on and bubbly.
14. Turn ribs over and repeat on other side.

NOTE: Alternately, grill the ribs on your grill to cook on the sauce.



The Portland Observer



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