

Baby Back Ribs in BBQ Sauce

4 Servings

2 1/2 lb. Baby Back Ribs

1 Yellow Onion, peeled
and diced

2 Garlic Cloves, chopped

1 Cup Worcestershire Sauce

1 Cup Ketchup

6 Tbsp. Brown Sugar

1/4 Cup Soy Sauce

- 1** Preheat oven 400°F. Cut rack of ribs in half, place in a large saucepan. Add enough water to cover ribs. Bring to a full boil over medium-high heat. Remove from heat and allow to stand for 15 min.
- 2** Spray a medium skillet with nonstick cooking spray. Sauté onions and garlic for 2 to 3 minutes over medium heat. Add Worcestershire Sauce, ketchup, sugar, and soy sauce. Cook for 5 minutes, stirring occasionally.
- 3** Remove ribs from water; cut ribs apart between bones. Place ribs in shallow baking dish. Add 1/2 cup of water from saucepan to sauce and stir well. Discard remaining water. Pour sauce over the ribs, coating both sides. Bake uncovered for 1 hour, or until ribs are tender. Basting occasionally.

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Caramelized Chicken Wings

4 Servings

- 3 lb. Chicken Wings
- 2 Tbsp. Olive Oil
- 1/2 C Soy Sauce
- 2 Tbsp. Ketchup
- 1 C Honey
- 1 Garlic Clove, minced
- To Taste Kosher Salt and Ground
Black Pepper

- 1 Preheat oven to 375°F. Place chicken in a 9x13-inch baking dish.
- 2 Mix the oil, soy sauce, ketchup, honey, garlic, salt and pepper and pour over the chicken.
- 3 Bake at 375°F for one hour or until sauce is caramelized.

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Spanish Pizza Pie

4 Servings

- 1 (16 oz.) Ground Pork
 - 1 Yellow Onion, chopped
 - 1 Green Pepper, chopped
- 1 (14 oz.) Canned Diced Tomato
- 1 (14 oz.) Canned Whole Corn Kernel, drained
- 1 (6 oz.) Canned Ripe Olives, sliced
 - 1 Cup Salsa
- 1 (8 oz.) Cornbread Muffin Mix
 - 2 Cups Shredded Three Cheese Blend, divided
- 1/4 Cup Shredded Lettuce
- 1 Tbsp. Sour Cream

- 1** Heat oven to 400°F. Cook turkey as specified on the package. Always cook to well-done, 165°F as measured by a meat thermometer.
- 2** Add onion, green pepper, tomatoes, corn, olives and salsa. Bring to boil, stirring occasionally. Cover and simmer 15 to 20 minutes. While simmering, prepare cornbread muffin mix as specified on the package.
- 3** Spread batter into greased deep dish pizza pan. Bake 8 to 10 minutes or until lightly browned.
- 4** Remove cornbread from oven, sprinkle with 1 cup cheese. Spread turkey mixture over cheese. Top turkey mixture with remaining 1 cup of cheese.
- 5** Bake 4 to 5 minutes or until cheese is melted. Serve with shredded lettuce, sour cream and taco sauce, if desired.

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