

BARBEQUED RIBS



INGREDIENTS

MARINADE

1/2 c. sugar free Polaner Apricot or Orange Fruit Spread

3/4 c. water

1/4 c. Lite Soy Sauce

1/2 c. chopped scallions

2 cloves peeled and chopped garlic

Mix all ingredients together and let sit at room temperature for at least two hours.

MEAT

1 large rack of ribs washed and parboiled for 1/2 hour. Drain and let cool to room temperature. Pour marinade over ribs and let sit as long as you desire. The more time. the more intense the flavor will be.

Place marinated ribs over hot barbeque grill and turn when halfway done. Turn again until fully cooked.