

Baby Back Ribs in the Oven

Ingredients:

- 1 slab baby back ribs
- 2 teaspoons garlic powder
- 1 teaspoon dried thyme
- 1 teaspoon powdered mustard or prepared mustard
- 1 teaspoon ground chili powder (optional, use cayenne or chipotle)
- 1 teaspoon ground cumin
- 1 teaspoon smoked paprika
- 1 teaspoon oregano
- 1/4 teaspoon cinnamon powder
- 1 teaspoon black pepper
- 2 tablespoons oil
- 1 lime or lemon
- Salt
- Sugar-free BBQ sauce or BBQ sauce of your choice

Instructions:

1. Prepare the Ribs:

- Rinse and pat dry the ribs.
- Turn the ribs meat side down. Using a small paring knife, slide it underneath the thin membrane (fascia) that covers the bones at one end and release a piece.
- Grab a paper towel and pull the membrane towards you to remove it. If done correctly, it should come off in one piece. If it breaks, simply repeat the process until the entire membrane is removed.

2. Make the Spice Paste:

- In a small bowl, combine garlic powder, dried thyme, mustard, chili powder (if using), cumin, smoked paprika, oregano, black pepper, and cinnamon.
- Add the oil to the spice mixture and stir to create a paste.

3. Season the Ribs:

- Transfer the ribs to a rack inside a roasting pan.
- Squeeze half of the lime or lemon juice onto the ribs, then sprinkle with salt and rub it in along with the juice.
- Generously apply half of the spice paste to the ribs, rubbing it in thoroughly.
- Flip the ribs over and repeat the seasoning process on the other side.
- Flip the ribs again so that they are bone side down and allow them to sit at room temperature for about 20 minutes.

4. **Cook the Ribs:**

- Preheat your oven to 315°F (160°C).
- Tent the roasting pan with aluminum foil and place the ribs in the oven. Cook for 90 minutes.
- Remove the pan from the oven and carefully take off the foil. Slather the ribs with BBQ sauce.
- Tent the pan again and return to the oven for another 30 minutes.
- Remove the pan, slather the ribs with more BBQ sauce, add a little water to the roasting pan, tent, and return to the oven for another 30 minutes.
- For the final step, uncover the ribs, slather with BBQ sauce again, and return to the oven, uncovered, for an additional 30 minutes.

5. **Serve:**

- Allow the ribs to rest for about 5 minutes before cutting them.
- Tent the pan to keep the ribs warm during this time.
- Cut the ribs and serve with additional BBQ sauce.

Enjoy your delicious, tender baby back ribs!

Nutritional Breakdown (Per Serving, assuming 4 servings):

- **Calories:** 450-550 kcal (depending on the amount of BBQ sauce used)
- **Protein:** 40-50 g
- **Fat:** 30-35 g
- **Carbohydrates:** 5-10 g (based on the BBQ sauce used)
- **Fiber:** 1-2 g
- **Sugars:** 2-5 g
- **Sodium:** 800-1000 mg

Note: Nutritional values can vary depending on the specific ingredients and BBQ sauce used.