

PINEAPPLE BARBECUE SPARERIBS

2 to 3 pounds spareribs
1½ cups barbecue sauce
1½ cups drained Dole Crushed Pineapple
(No. 2 or 1 lb., 4 oz. can)

Arrange spareribs in a shallow baking pan. Mix the barbecue sauce into crushed pineapple. Pour over and between spareribs. Bake in a preheated 400° oven for 20 minutes, then lower temperature to 250° and bake for 2 to 2½ hours or until tender. Makes 3 to 4 servings.



PINEAPPLE HAM 'N CHEESE ON RICE

2 cups drained Dole Pineapple Chunks
(No. 2 or 1 lb., 4 oz. can)
2 cups cooked ham, cubed
1 cup peas
1 can (10½ oz.) cheese soup
½ cup water
2 tablespoons chopped onion
4 cups cooked rice

Combine first six ingredients. Bring to a boil, reduce heat and simmer 5 to 7 minutes. Press cooked rice into an oiled ring mold. Leave about 5 minutes. Unmold rice while still warm and spoon cheese mixture into center. Makes 6 generous servings.

