

Lean Barbeque-Style Pork

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Barbeque foods need not be dripping with fat and oil. In our lighter recipe, pork roast gets a lean glaze and simple trip to the oven for a juicy bake.

Ingredients:

1 pound lean pork roast, trimmed, cut into 1-inch cubes
¼ cup soy sauce
2 tablespoons olive oil
1 teaspoon salt
¼ teaspoon cayenne
¼ teaspoon ground cinnamon
½ teaspoon ground cloves

Directions:

- 1) Combine all ingredients in a large bowl; toss to coat. Cover and refrigerate 90 minutes.
- 2) Preheat oven to 325°F. Lightly grease a baking sheet.
- 3) Remove pork from marinade; shake off excess liquid. Thread pork on skewers and place on baking sheet.
- 4) Bake 45 to 60 minutes, until cooked and no longer pink.