



Hawaiian Pulled Pork Sliders

Prep: 20 minutes plus chilling

Slow Cook: 6 hours • Serves: 36

- 1 cup packed light brown sugar
- 1 tablespoon garlic powder
- 1 tablespoon ground ginger
- 1 tablespoon onion powder
- 1 tablespoon salt
- 1 teaspoon ground black pepper
- 1 whole (unsliced) pork shoulder (about 8 pounds), trimmed if desired
- 2 cans (20 ounces each) pineapple tidbits in unsweetened juice
- 1 bottle (18 ounces) honey-flavored barbeque sauce
- 2 tablespoons hoisin sauce
- ½ teaspoon ground cayenne pepper
- 1 orange bell pepper, cut lengthwise into ¼-inch-thick slices (about 1 cup)
- 1 small red onion, sliced (about 1 cup)
- ⅔ cup matchstick shredded carrots
- 1 tablespoon whole celery seed
- 3 packages (12 pack each) **King's Hawaiian Original Hawaiian Sweet Rolls**

1. In small bowl, combine ½ cup brown sugar, garlic powder, ginger, onion powder, salt and black pepper. Rub brown sugar mixture all over pork. Cover or wrap pork; refrigerate at least 1 hour or up to overnight.

2. Meanwhile, in medium bowl, stir 1½ cans pineapple with its juice (about 3 cups), barbeque sauce, hoisin sauce, cayenne pepper and remaining ½ cup brown sugar. Makes about 5 cups.

3. In bottom of 6- to 8-quart slow cooker, place pork fat side up; pour ½ of the barbeque sauce mixture over pork; cover and refrigerate remaining barbeque sauce mixture. Cover and cook on high 6 to 7 hours or on low 9½ to 10½ hours. Do not lift lid during cooking.

4. Meanwhile, in medium bowl, toss bell pepper, onion, carrots, celery seed and remaining pineapple with its juice. Cover and refrigerate until ready to serve. Makes about 4 cups.

5. Transfer pork to large bowl. Trim off and discard desired amount of fat; remove bone. With 2 forks, shred pork. Remove and discard all but 2 cups cooking liquid from slow cooker. Add remaining barbeque sauce mixture and shredded pork to slow cooker; stir to combine. Makes about 12 cups. Serve pork mixture on rolls topped with bell pepper mixture.

Approximate nutritional values per serving:

386 Calories, 18g Fat (8g Saturated), 83mg Cholesterol, 461mg Sodium, 35g Carbohydrates, 1g Fiber, 21g Protein

Dietitian's Dish

> These sliders would make a tasty addition to a bento-style lunch or tailgate menu. As a bonus they contribute 4 out of 5 food groups, so you only need to add a source of dairy!