

Noel Nibbler

Barbara J Minor

The Pennsylvania State Grange Cookbook (1992) Spinach Squares

Servings: 40

*1 pound ground beef
1/4 cup onion, chopped
1/2 teaspoon salt
1 pound hot dogs, cut into
one-inch pieces
1 jar (10 ounce), peach OR
apricot preserves
1 cup barbecue sauce
1 can (20 ounce) pineapple
chunks in juice, drained*

In a bowl, combine the ground beef, onion and salt. Mix well. Shape into one-inch meatballs. Brown in a skillet, turning occasionally. Drain. Add the hot dogs.

In a bowl, combine the preserves with the barbecue sauce. Mix well. Pour over the meatballs and hot dogs.

Simmer for 20 minutes, stirring occasionally.

Add the pineapple. Cook until heated through.

Per Serving (excluding unknown items): 80 Calories; 6g Fat (72.6% calories from fat); 3g Protein; 2g Carbohydrate; trace Dietary Fiber; 15mg Cholesterol; 213mg Sodium. Exchanges: 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 1 Fat; 0 Other Carbohydrates.