

Creole Franks

Janet Kelso

The Pennsylvania State Grange Cookbook (1992)

Servings: 6

*3 slices bacon
1/3 cup onion, chopped
2/3 cup pineapple juice
1/2 cup catsup
dash chili powder
1 pound hot dogs
2 tablespoons green bell
pepper, chopped*

In a skillet, fry the bacon until partially cooked. Add the onion. Saute' until tender. Stir in the pineapple juice, catsup and chili powder. Mix well.

Score the hot dogs diagonally at one-inch intervals. Add to the sauce. Cook, covered, until the mixture comes to a boil. Reduce the heat.

Add the green pepper. Simmer for 8 to 10 minutes.

Per Serving (excluding unknown items): 301 Calories; 24g Fat (70.7% calories from fat); 10g Protein; 12g Carbohydrate; trace Dietary Fiber; 41mg Cholesterol; 1136mg Sodium. Exchanges: 1 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 3 1/2 Fat; 1/2 Other Carbohydrates.