

Liz`s Creole Franks

Carol Murphy

Favorite Recipes - Sacred Heart School - Easthampton, MA (1984)

Servings: 6

*3 to 6 slices bacon
1/3 cup chopped onion
1 green pepper, chopped
1 to 2 stalks celery,
chopped
2/3 cup pineapple juice (or
orange juice)
1/2 cup ketchup
dash chili powder
1 pound (8 to 10 franks)
frankfurters*

In a skillet, cook the bacon until partially done. Then dice. Add the onion, green pepper and celery. Cook until tender but do not brown.

Add the pineapple juice, ketchup and chili powder.

Score the frankfurters diagonally at one inch intervals. Add to the sauce in the skillet. Bring to a boil. Reduce the heat. Simmer 15 to 20 minutes or until the franks get puffy.

(This is very delicious when served with "orange rice". The orange rice is made by using long-cooking rice only and substituting 50% to 100% of orange juice for the water called for in the rice recipe.)

Per Serving (excluding unknown items): 79 Calories; 4g Fat (48.5% calories from fat); 3g Protein; 8g Carbohydrate; 1g Dietary Fiber; 7mg Cholesterol; 401mg Sodium. Exchanges: 1/2 Lean Meat; 1/2 Vegetable; 1/2 Fat; 1/2 Other Carbohydrates.