

# Pigtail Hot Dogs with Chicago-Style Salsa

*Publix Aprons*  
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## **Servings: 8**

*8 bakery hot dog buns, uncut*  
*1/2 European cucumber, finely chopped*  
*1/2 cup preliced tomatoes*  
*1/4 cup preliced red onions*  
*1/4 cup banana peppers, sliced*  
*1/4 cup dill pickle relish*  
*2 tablespoons deli-style oil and vinegar dressing*  
*1/4 cup celery leaves, coarsely chopped*  
*1 teaspoon green pepper sauce*  
*8 jumbo hot dogs*  
*8 twelve-inch wooden skewers*

Preheat the grill (or grill pan).

Slice the hot dog buns open from the top (instead of the side), leaving 1/4-inch intact. Set aside.

Cut the cucumber into quarters. Chop. In a bowl, combine the cucumber, tomatoes, red onions, banana peppers, relish, dressing, celery and green pepper sauce until well blended.

Spear each hot dog lengthwise through the center with a skewer. Beginning at the top of the skewer, hold the knife at a slight angle and cut all of the way down to the skewer as you roll the hot dog away from you. Repeat between the cuts for a tighter spiral (if desired).

Grill the hot dogs for 4 to 6 minutes, turning occasionally, or until steaming hot.

Place the hot dogs in buns. Top with the cucumber salsa.

Serve.

Start to Finish Time: 20 minutes

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Per Serving (excluding unknown items): 184 Calories; 17g Fat (82.0% calories from fat); 6g Protein; 2g Carbohydrate; trace Dietary Fiber; 29mg Cholesterol; 640mg Sodium. Exchanges: 1 Lean Meat; 0 Vegetable; 2 1/2 Fat.

Grilled, Sandwiches

**Per Serving Nutritional Analysis**

<b>Calories (kcal):</b>	184	<b>Vitamin B6 (mg):</b>	.1mg
<b>% Calories from Fat:</b>	82.0%	<b>Vitamin B12 (mcg):</b>	.7mcg
<b>% Calories from Carbohydrates:</b>	3.7%	<b>Thiamin B1 (mg):</b>	.1mg
<b>% Calories from Protein:</b>	14.2%	<b>Riboflavin B2 (mg):</b>	.1mg
<b>Total Fat (g):</b>	17g	<b>Folacin (mcg):</b>	4mcg
<b>Saturated Fat (g):</b>	6g	<b>Niacin (mg):</b>	2mg
<b>Monounsaturated Fat (g):</b>	8g	<b>Caffeine (mg):</b>	0mg
<b>Polyunsaturated Fat (g):</b>	2g	<b>Alcohol (kcal):</b>	0
<b>Cholesterol (mg):</b>	29mg	<b>% Refused:</b>	n n%
<b>Carbohydrate (g):</b>	2g	<b>Food Exchanges</b>	
<b>Dietary Fiber (g):</b>	trace	<b>Grain (Starch):</b>	0
<b>Protein (g):</b>	6g	<b>Lean Meat:</b>	1
<b>Sodium (mg):</b>	640mg	<b>Vegetable:</b>	0
<b>Potassium (mg):</b>	108mg	<b>Fruit:</b>	0
<b>Calcium (mg):</b>	7mg	<b>Non-Fat Milk:</b>	0
<b>Iron (mg):</b>	1mg	<b>Fat:</b>	2 1/2
<b>Zinc (mg):</b>	1mg	<b>Other Carbohydrates:</b>	0
<b>Vitamin C (mg):</b>	18mg		
<b>Vitamin A (i.u.):</b>	15IU		
<b>Vitamin A (r.e.):</b>	1 1/2RE		

**Nutrition Facts**

Servings per Recipe: 8

**Amount Per Serving**

**Calories** 184                      **Calories from Fat:** 151

**% Daily Values\***

<b>Total Fat</b> 17g	26%
Saturated Fat 6g	31%
<b>Cholesterol</b> 29mg	10%
<b>Sodium</b> 640mg	27%
<b>Total Carbohydrates</b> 2g	1%
Dietary Fiber trace	1%
<b>Protein</b> 6g	
<b>Vitamin A</b>	0%
<b>Vitamin C</b>	30%
<b>Calcium</b>	1%
<b>Iron</b>	4%

\* Percent Daily Values are based on a 2000 calorie diet.