

Seattle-Style Pigtail Hot Dogs with Chicago-Style Salsa

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*1/2 seedless cucumber,
finely chopped
1/4 cup celery leaves,
coarsely torn
1/2 cup diced tomatoes
1/4 cup diced red onions
1/4 cup sliced banana
peppers
1/4 cup dill pickle relish
2 tablespoons deli-style oil
and vinegar dressing
1 tablespoon green pepper
sauce*

Make the Salsa: Cut the cucumber into quarters and chop. Tear the celery leaves coarsely. In a bowl, combine the cucumber, celery leaves, tomatoes, red onions, banana peppers, relish, dressing and pepper sauce. Blend well.

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.

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 the way down to the skewer as you roll the dog away from you. Repeat between cuts for a tighter spiral (if desired).

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

Place the hot dogs in the buns. Top with the Chicago-Style Salsa.

Serve.

Per Serving (excluding unknown items): 35 Calories; trace Fat (8.3% calories from fat); 1g Protein; 8g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 17mg Sodium. Exchanges: 1 1/2 Vegetable.