

Sonoran Style Hot Dogs

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Servings: 8

*8 thin slices bacon
8 beef hot dogs
8 bakery hot dog buns
2 Hass avocados
1 cup refrigerated salsa,
drained
1 cup potato chips
(optional), lightly crushed
1 cup refried beans
1/2 cup mayonnaise*

Preheat the grill (or grill pan) on medium heat.

Wrap one slice of bacon evenly around each hot dog., securing with a toothpick, if desired.

Slice through the tops of the hot dog buns, leaving the ends attached.

Grill the hot dogs for 10 to 12 minutes, turning occasionally, or until the bacon is crisp and the hot dogs are heated through.

Peel, pit and chop the avocados. Drain the salsa. Crush the potato chips, if using.

Place the beans in a microwave-safe bowl. Microwave on HIGH for 1 to 2 minutes, stirring halfway through the cook time, until hot. Spread an even amount of beans inside each bun. Then spread the mayonnaise. Add the hot dogs and top with even amounts of salsa, avocado and chips.

Serve.

Per Serving (excluding unknown items): 348 Calories; 31g Fat (79.9% calories from fat); 11g Protein; 7g Carbohydrate; 2g Dietary Fiber; 45mg Cholesterol; 898mg Sodium. Exchanges: 1/2 Grain(Starch); 1 Lean Meat; 4 Fat.