

The Greek Dog

*J. M. Hirsch - Associated Press
Palm Beach Post*

Servings: 4

*1 cup loosely-packed frozen spinach
olive oil*

1 medium yellow onion, diced

2 cloves garlic, minced

salt (to taste)

pepper (to taste)

dill seed (to taste)

4 hot dogs

4 hot dog buns

crumbled feta cheese

tzatziki (greek yogurt dip) (optional)

Thaw the spinach then squeeze it over the sink to remove as much water as possible.

In a large skillet, over medium-high, heat a splash of olive oil. Saute' the spinach, onion and garlic. When the onion is tender, season with salt, pepper and dill seed.

Grill four hot dogs and toast four hot dog buns over medium heat.

Spoon some of the spinach mixture into each bun. Place a hot dog over it.

Top with the feta cheese and, if desired, a bit of purchased tzatziki.

Per Serving (excluding unknown items): 318 Calories; 19g Fat (53.8% calories from fat); 10g Protein; 26g Carbohydrate; 2g Dietary Fiber; 29mg Cholesterol; 880mg Sodium. Exchanges: 1 1/2 Grain(Starch); 1 Lean Meat; 1/2 Vegetable; 3 Fat.