

Tomato Bean Bake

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Servings: 6

*nonstop cooking spray
1 can (28 ounce) original
baked beans, drained
8 ounces (1-1/2 cups) fresh
onions, diced
1 can (14.5 ounce) fire-
roasted diced tomatoes
1/4 cup molasses
1/2 teaspoon
Worcestershire sauce
4 slices bacon*

Preparation Time: 10 minutes

Preheat the oven to 425 degrees.

Coat a two-quart baking dish with cooking spray.

In a bowl, combine the beans, onions, tomatoes, molasses and Worcestershire sauce. Transfer the mixture to the baking dish.

Lay the bacon slices evenly across the top of the beans.

Bake for 25 to 30 minutes or until the bacon is browned and the sauce is bubbling around the edges.

Let stand 5 minutes before serving.

Per Serving (excluding unknown items): 61 Calories; 2g Fat (30.3% calories from fat); 1g Protein; 9g Carbohydrate; 0g Dietary Fiber; 4mg Cholesterol; 76mg Sodium. Exchanges: 0 Lean Meat; 1/2 Fat; 1/2 Other Carbohydrates.