

Sauces

Scallion-Bacon Ketchup

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4 slices bacon

3/4 cup ketchup

1/4 cup scallions, chopped

1 tablespoon Worcestershire sauce

In a skillet, cook the bacon until crisp. Drain on paper towels, reserving the drippings.

In a bowl, combine the ketchup, scallions, bacon, bacon drippings and Worcestershire. Mix well.

Per Serving (excluding unknown items): 353 Calories; 13g Fat (31.2% calories from fat); 11g Protein; 54g Carbohydrate; 3g Dietary Fiber; 22mg Cholesterol; 2690mg Sodium. Exchanges: 1 Lean Meat; 1/2 Vegetable; 2 Fat; 3 1/2 Other Carbohydrates.