



### **Fully Loaded Bacon-Wrapped Hot Dogs**

PER SERVING (1/4th of recipe, 1 fully loaded dog): 186 calories, 4.5g fat, 850mg sodium, 28g carbs, 5.5g fiber, 6g sugars, 13g protein -- **PointsPlus®** value 5\*

**Prep:** 10 minutes

**Cook:** 15 minutes

#### **Ingredients:**

4 hot dogs with about 40 calories and 1g fat or less each (like Hebrew National 97% Fat Free)  
4 slices turkey bacon or center-cut bacon  
1 cup sliced onion  
1 cup sliced red bell pepper  
1 jalapeño pepper, seeded and sliced into strips (not rings)  
2 tbsp. fat-free mayonnaise  
4 light hot dog buns (or HG Alternative)  
4 tsp. yellow mustard

#### **Directions:**

Carefully break 4 toothpicks in half. Wrap each hot dog in a slice of bacon and secure with a toothpick half at each end. Set aside.

Bring a large skillet or grill pan sprayed with nonstick spray to medium-high heat on the stove.

Add onion, bell pepper, and jalapeño pepper and cook until softened, about 4 minutes. Remove from the skillet/pan and set aside.

Remove the skillet/pan from heat, re-spray, and bring to medium heat. Add bacon-wrapped hot dogs and cook until bacon is crisp and fully cooked and hot dogs are heated through, about 6 minutes, rotating the hot dogs several times to evenly cook the bacon. Set aside.

Evenly spread mayo inside the buns. Remove toothpicks from the hot dogs and place a bacon-wrapped dog in each bun. Top each dog with 1 tsp. of mustard.

Evenly distribute veggie mixture among the dogs. Eat up!

#### **MAKES 4 SERVINGS**

**HG Alternative:** Can't locate any 80-calorie light hot dog buns? No worries! Just get the lowest-calorie buns you can find, and adjust the calorie count of this recipe accordingly.



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