



Baked Beans and Franks

Bits of franks, tomatoes and molasses make a bean dish that is hearty and tasty.

- 1 15½ oz. can great northern beans, drained and rinsed
- ½ onion, medium diced
- ½ green pepper, medium diced
- 1 14.5 oz. can stewed diced tomatoes, drained
- 2 TBS cider vinegar
- ¼ cup water
- ¼ cup molasses
- 2 Lowfat Jumbo Franks, sliced into thin slices- about ¼ inch each

Place all ingredients in 1½ Quart Fantasia Glass Oval Casserole pan. Stir together and cover. Microwave on high for 10-15 minutes, or until onions and beans are very tender and the sauce is thick.

Yield: 4 servings. Each serving: 250 calories, 1.5 grams of fat.

