pigs in a blanket with baked beans

TOTAL TIME
20 minutes
MAKES 4
SERVINGS

APRON'S ADVICE

This is a perfect meal for kids to get involved with that they will love to eat too. Let them help roll the hot dogs in the crescent rolls.

SHOPPING LIST

Dairy
1 package crescent rolls

Dry Grocery
1/4 cup barbecue sauce
1 tbsp minced onion
1 (15-oz) can pork and beans
1 tbsp yellow mustard

Meat
8 cheese hot dogs

Suggested Items
cupcakes
ketchup
mustard
pickle wedges

COOKING SEQUENCE

- Preheat oven
- Complete hot dogs, place in oven and start baking: 10 minutes
- Prepare baked beans: 10 minutes
- Remove hot dogs from oven and serve

pigs in a blanket

INGREDIENTS

8 cheese hot dogs
1 package crescent rolls

STEPS

1. Preheat oven to 375°F.
2. Unroll crescents from container and place hot dog along end so that just the tips of the hot dog are exposed. Roll hot dogs in center of crescent rolls.
3. Bake for 13-15 minutes. Serve. (Makes 6 servings.)

baked beans

INGREDIENTS

one 15-ounce can pork and beans
1/4 cup barbecue sauce
1 tablespoon yellow mustard
1 tablespoon minced onion

STEPS

1. Mix pork and beans, barbeque sauce, mustard and minced onion in microwave-safe bowl.
2. Cover and microwave on high for 6-9 minutes, stirring every 3 minutes. Serve.

Calories (kcal) 464.6; Total Fat (g) 27.4; Saturated Fat (g) 9.3; Cholesterol (mg) 53; Carbohydrate (g) 40.5; Dietary Fiber (g) 6.2; Protein (g) 15.4; Sodium (mg) 1468; Potassium (mg) 381; Calcium (mg) 172; Iron (mg) 4.0 Vitamin A 2%; Vitamin C 3%; Calcium 17%; Iron 22%

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