

BBQ'D HOT DOGS

Preparation time: 10 minutes

Cooking Time: 8 minutes

Serves: 6



Ingredients

- 300g packet *Sanitarium Vegie Delights Classic Hot Dogs*
- 2 onions, sliced
- 2 tablespoons seeded mustard
- 1 tablespoon honey
- 80g baby spinach leaves
- 6 wholemeal or wholegrain hot dog rolls, toasted

Method

1. Pre-heat a BBQ. Place *Sanitarium Vegie Delights Classic Hot Dogs* on the grill and onions on the hot plate. Cook for 3-4 minutes each side.
2. Mix together mustard and honey.
3. Place some spinach in each roll. Top with a hot dog, some onions and mustard. Repeat with remaining ingredients.

Nutritional Information:

Kilojoules 1216 kJ
Calories 290 cal
Protein 6 g
Total fat 1 g
Carbohydrate 9.2 g
Sodium 620 mg
Potassium 305 mg
Fibre 5.1 g

© Recipe and images kindly provided by Sanitarium Health and Wellbeing Company

