

Chili Dogs



main meals

Was **POINTS®** Value: 10

Now **POINTS®** Value: 8

Servings: 4

Preparation Time: 10 min

Cooking Time: 15 min

Level of Difficulty: Easy

We've created a sinful-tasting version of a chili dog. It's lower in fat and calories but loaded with heart-healthy fiber.

Ingredients

- 4 average fat-free beef and pork hot dog(s)
- 4 roll(s) reduced-calorie hot dog bun(s)
- 15 oz canned low-fat chili
- 1/4 cup(s) red onion(s), minced
- 1/2 cup(s) low-fat shredded cheddar cheese
- 1 spray(s) olive oil cooking spray

Instructions

Preheat oven to 350°F.

Place hot dogs in buns; top each with about 1/4 cup of chili, 1 tablespoon of onion and 2 tablespoons of cheese. Lightly coat cheese with cooking spray.

Wrap hot dogs in foil; cook until warmed through and cheese is melted, about 15 minutes. Serve hot.

Chef Tips

We renovated Chili Dogs by:

Choosing fat-free hot dogs instead of high-fat regular ones.

Substituting low-fat chili for the high-fat original.

Using low-fat cheddar cheese rather than regular.

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