

Checkerboard Baked Beans

(Makes 6 servings)

Great for holiday picnics!

Ingredients:

- 1 ½ cups cooked (canned okay) black eyed peas
- 1 cup cooked (canned okay) black beans
- 14 ounces low fat kielbasa
- 1 large sweet onion, chopped
- 1 cup sodium free tomato sauce
- 2 teaspoons ground mustard
- 1 teaspoon chili powder
- 1/3 cup brown sugar twin
- 1 tablespoon brown sugar
- 1 tablespoon lemon juice

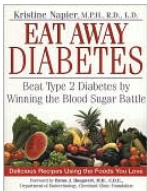
Directions:

- 1) Preheat oven to 325 degrees Fahrenheit.
- 2) Spray large oven-safe casserole with vegetable oil spray.
- 3) If you are using canned beans, drain and rinse well.
- 4) Place measured amount of beans in the sprayed casserole dish.
- 5) Slice kielbasa thin and then cut slices into quarters; add to beans.
- 6) Add chopped onion, tomato sauce, ground mustard, chili powder, brown sugar twin, brown sugar and lemon juice.
- 7) Mix well. Do not cover. Place in oven and bake for 45 minutes, stirring once or twice during the baking process.

Nutritional Analysis: (per serving / about ¾ cup)

- Calories: 376 (8% calories from fat)
- Fat: 3.1 g
- Saturated Fat: 0.9 g
- Protein: 26 g
- Carbohydrates: 61 g
- Fiber: 10.5 g
- Cholesterol: 24 mg
- Potassium: 1003 mg
- Sodium: 602 mg
- Omega 3 Fatty Acids: 0.2 g

Source:



Recipe developed and copyrighted by Kristine M. Napier, MPH, RD, LD.
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This cookbook is available in bookstores or online from BN.com or Amazon.com.