

# baked beans

Serves: 6

Prep and Cook time: 50 min

Per serving: 200 calories, 1.5 g fat, 710 mg sodium

8 oz turkey/regular  
bacon (optional)

1/4 cup maple syrup

2 tsp cornstarch

1 can (28 oz) baked beans

1/3 cup brown sugar

1/4 cup finely chopped  
onion

1/4 cup ketchup

1 tsp mustard

1. Preheat oven to 350° F.

2. In a large skillet, fry bacon until crisp. Crumble and set aside.

3. In 1 1/2 quart casserole dish, mix all ingredients.

4. Bake 30 to 40 minutes or until hot and bubbly.

Vary It! If you want to add in some veggies, add in some chopped green bell pepper, mushrooms, or even carrots!