

# bugs in rugs

Serves: 6

Prep and Cook time: 20 min

Per serving: 76 calories, 4.8 g fat, 245 mg sodium

1/2 cup ketchup  
12 cocktail franks

3 slices whole wheat bread,  
crusts removed

2 TBS butter, melted

1. Preheat the oven to 350° F.
2. Spread the bread with ketchup, then cut the bread into quarters. Pierce the franks all over with a fork.
3. Place a frank diagonally on each piece of bread. Bring up the edges and secure with a toothpick.
4. Brush with the melted butter. Place on a nonstick baking sheet and bake until the bread is crisp and lightly browned, about 15 minutes. Serve warm.

