

Baked Beans

4 (15 ounce) cans navy beans
1/2 pound bacon, chopped
1 medium onion, chopped
1/4 cup medium mustard
1/3 cup Splenda®
2 Tablespoons molasses

Preheat oven to 350 degrees F. Drain navy beans and reserve 1 cup liquid. Fry bacon in large skillet. Remove bacon and reserve half of the bacon fat. Fry onion in the reserved fat and cook until translucent. Stir in beans and remaining ingredients. Pour into a 3-quart baking dish. Bake in preheated 350 degree F oven for 45 minutes. Makes 18 servings.

Nutritional information per serving: 140 calories; 9 grams protein; 21 grams carbohydrate; 3grams fat; 520 mg sodium.