

## Bacon Wands



### Totals for each wand:

Calories 60   Fat .8g   Fiber 0g   Carbs 8g

### *What you'll need:*

Paper plate and paper towels (This is if you want NO mess – you can certainly use a microwave bacon dish.)

Pretzel rods (40 calories per rod)  
Cavender's Greek Seasoning

Microwave

Turkey bacon (20 calories per strip)

### *Let's get to cooking!*

1. Take two paper towels, fold them and place them on a paper plate.
2. Take one slice of turkey bacon and in a spiral, wrap the turkey around the pretzel rod starting at one end and ending at the other.
3. Place your first bacon-wrapped rod "wand" in the middle of the paper plate. (A hint here – make sure the ends of the bacon are snug underneath the wand. Turkey bacon is not as pliable as pork bacon and the ends can have a mind of their own.)
4. Prepare as many wands as you can, placing them on either side of the first wand until the plate is full.
5. Generously sprinkle Cavender's over all wands until covered.
6. Place in your microwave on high for 3 minutes.
7. Reset microwave to half power and cook for 5 minutes.
8. Cook on half power in 1-3 minute increments until the bacon is cooked.

### **NOTE:**

I have used plain bread sticks, garlic bread sticks, cheese bread sticks and even whole wheat bread sticks – you simply cannot mess this up AND they are great the next day.

Watching New Orleans Saints football (hungry) inspired this  
**Kitty's Lighter Weigh** recipe!