

Vegetarian Reuben Sandwiches Recipe of the Month – April 2012



Try rye. Whole grain rye bread sandwiches these Reuben-style ingredients in a vegetarian way.

Prep Time: 20 Min

Start to Finish: 20 Min

Makes: 4 servings

INGREDIENTS

1 cup sliced onion
8 slices (4 1/2x3 1/2 inch) rye bread
1/4 cup reduced-fat Thousand Island dressing
8 strips (2x1 inch) roasted red bell peppers (from 7-oz jar), drained
1/2 cup sauerkraut, drained, rinsed
4 slices (3/4 oz. each) fat-free Swiss cheese product
Cooking spray

DIRECTIONS

1. Spray 12-inch skillet with cooking spray; heat over medium-high heat. Add onion; cook 3 to 5 minutes, stirring frequently, until softened. Remove onion from skillet.
2. Spread 4 bread slices with dressing. Top each slice with one-fourth of the onion, 2 strips bell pepper, 2 tablespoons sauerkraut and 1 cheese slice. Top with remaining bread slices.
3. Heat same skillet over medium-low heat. Spray outsides of sandwiches with cooking spray; place sandwiches in skillet. Cook 4 to 5 minutes, turning after 2 minutes, until cheese is melted and bread is toasted.

Recipe Provides: Dairy 1/2c, Fats & Oils 1tsp, Grains 2oz-equivalents, Vegetables 1/4c

NUTRITION INFORMATION PER SERVING

Serving Size:	1 Sandwich	Calories:	210	Calories from Fat:	25
Total Fat:	3 g	Saturated Fat:	1/2 g	Cholesterol:	0 mg
Sodium:	980 mg	Total Carbohydrate:	37 g	Dietary Fiber:	3 g
Sugars:	10 g	Protein:	10 g		



This recipe is adapted from WWW.eatbetterearly.com