



# Reuben Sandwich with Russian Dressing

**Ingredients (Makes 4 sandwiches. Prep time: 30 minutes.)**

Sandwich	Russian Dressing
8 slices rye or pumpernickel bread	½ cup mayonnaise
½ pound corned beef, sliced thin to medium thin	½ cup sour cream
4 ounces Swiss cheese, sliced thin	2 tablespoons ketchup
1 cup sauerkraut, drained	2 teaspoons prepared horseradish
8 tablespoons Russian dressing	2 tablespoons yellow onion, grated
Oil or butter for the skillet	½ to 1 teaspoon hot sauce
	2 teaspoons dried parsley

## Preparation

In a small bowl, mix all of the dressing ingredients together and set aside.

To assemble each sandwich: Spread each slice of bread with 1 tablespoon of Russian dressing. On one slice of bread, dressing side up, place 2 ounces of sliced corn beef, followed by 1 ounce of Swiss cheese and up to ¼ cup of sauerkraut. Top with another slice of bread, dressing side in. Repeat to make 4 sandwiches. Heat a large skillet over medium heat. Spray the skillet with oil. Place 2 sandwiches at a time in the skillet and grill until golden brown on both sides and the cheese is melting.

The Rachel sandwich is a variation on the standard Reuben that substitutes pastrami for the corned beef and coleslaw for the sauerkraut, or calls for turkey instead of corned beef or pastrami.

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## Ingredient checklist

### PRODUCE

- 1 yellow onion

### GROCERY

- 1 jar sauerkraut
- Canola oil cooking spray
- Ketchup
- 1 loaf rye or pumpernickel bread
- 1 jar prepared horseradish
- Hot sauce
- Mayonnaise

### REFRIGERATED/FROZEN

- Sour cream
- 4 ounces Swiss cheese

### MEAT/SEAFOOD

- ½ pound sliced corned beef

### SPICES/SEASONINGS

- 2 teaspoons dried parsley

## Serving suggestion

Cut each sandwich in half and serve with extra Russian dressing, chips, or hearty pretzels, spicy mustard, pickle spears and an Irish Stout or a dark German beer.

## Nutritional information per serving

415 calories	32 g. carbohydrate
23 g. fat	5 g. fiber
64 mg. cholesterol	21 g. protein
774 mg. sodium	

*The nutritional values and information provided are approximations.*

