



BeFit

Be Fit. Eat Healthy. It's your choice.

Be Fit Basics: Veggie Reuben

Adapted from Eating Well via the Penny Cluse Café in Burlington, VT

for the Russian dressing

- 1½ tbsp mayo
- 1 tbsp ketchup
- 2 tsp chopped capers
- 1 tsp chopped pickle (or relish)

for the sandwiches

- 1½ tbsp canola oil, divided
- 1 small red onion, thinly sliced
- 1 cup sliced mushrooms
- 5 cups baby spinach
- Ground pepper
- 4 slices of rye bread
- ½ cup reduced-fat shredded Swiss cheese
- ½ cup sauerkraut

Instructions:

Combine all ingredients for the Russian dressing and stir until smooth.

Heat 1 tbsp of oil in a large sauté pan over medium heat. Add the onions and mushrooms and sauté until the onions have softened, about 4 minutes. Add the spinach and cook until the spinach has wilted, stirring occasionally; transfer the vegetable mixture to a bowl.

Wipe the pan clean (you may need to quickly clean it if there are bits of stuck food, as they will burn). Add the remaining ½ tbsp of oil to the pan. Place the slices of bread in the pan and divide the cheese among the slices. Divide the sauerkraut between two slices and divide the spinach between the two other slices. Cook until the cheese has melted and the bread is golden brown on the bottom.

Transfer the 4 slices to a cutting board. Divide the dressing and place on top of the spinach halves. Carefully place the sauerkraut halves on top. Cut sandwiches in half and serve.

Yield: 2

NUTRITION INFORMATION PER SERVING:

CALORIES: 470 calories	PROTEIN: 19 g	SODIUM: 890 mg
	CARBOHYDRATE: 44 g	FIBER: 8 g
	FAT: 26 g	Sat Fat: 5 g

MAKE IT A MEAL:

Entrée: 1 sandwich

Fruit: 1 apple, sliced (95 calories)

GROCERY SHOPPING LIST

- Capers
- Pickles or relish
- Red onion
- Mushrooms
- Baby spinach
- Rye bread
- Reduced-fat Swiss cheese
- Sauerkraut

Condiments: canola oil; mayo; ketchup; pepper