



Cooking in the Kitchen at Olum's

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*Delicious Recipes
that are Easy & Nutritious*

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Avocado Reuben Sandwich

Serves 4

Ingredients:

- 1 cup sauerkraut
- 8 slices rye bread, toasted
- 1 large ripe avocado, halved, pit removed, peeled, and sliced
- 1 large tomato, cut into 8 slices
- ¼ cup of Guiltless Thousand Island Dressing

Guiltless Thousand Island Dressing Ingredients:

- 1 cup reduced fat mayonnaise
- 2 tablespoons ketchup
- 3 tablespoons sweet pickle relish

Directions:

In a skillet sauté the sauerkraut for 3 – 5 minutes, until it is lightly warmed.

Prepare sandwiches: top 1 slice of bread with sauerkraut, avocado, tomato slices, and top with 1 tablespoon of the Thousand Island Dressing.

Each serving of the dressing has 1/3 of the calories (only 20) compared to traditional Thousand Island Dressing!