

## CDC Recipes: Grilled Turkey Reuben



### Ingredients

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- 2 ounces lower-salt turkey breast (Healthy Choice can be purchased at the deli counter)
- 1 ounce Alpine Lace Swiss
- ½ cup chopped green cabbage
- 1 tablespoon margarine or butter
- 2 slices of rye bread

### Preparation

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1. Melt margarine or butter in a small skillet.
2. Add chopped cabbage and sauté 2 to 3 minutes.
3. Place the turkey, Swiss cheese and cabbage between the 2 slices of rye bread.
4. In the same skillet, grill sandwich until lightly browned, adding a little extra margarine or butter to pan if necessary. Put lid on skillet while grilling to melt cheese.
5. If desired, serve with one tablespoon of Thousand Island dressing, and count as 1 additional fat.

### Details

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#### Yield

1 serving

#### Serving size

Each serving equals 3 meat, 2 starch, 1 fat

- Calories: 348
- Protein: 14.5 g
- Sodium: 692 mg
- Potassium: 149 mg
- Phosphorus: 89 mg