



Lite Done Right Turkey Reuben Sandwiches

Prep: 10 minutes

Cook: 5 minutes • Serves: 4

- 3 cups coleslaw mix
- ¼ cup sliced green onions
- 1½ teaspoons fresh lemon juice
- ½ teaspoon caraway seeds
- 8 slices rye bread
- Zero-calorie butter spray (use sparingly)
- 4 slices reduced fat Swiss cheese
- 3 cups sliced fresh cooked lean turkey breast meat
- ¼ cup Kraft® Light Done Right® Thousand Island dressing

1. In small bowl, combine coleslaw mix, green onions, lemon juice and caraway seeds; toss to combine.

2. Spray 1 side of bread slices with cooking spray. Place 4 bread slices, sprayed side down, on work surface. On each slice of bread, layer 1 slice cheese, ¾ cup coleslaw mixture, ¾ cup turkey and 1 tablespoon dressing. Place remaining bread slices, sprayed side up, over fillings.

3. Preheat griddle over medium heat. Place sandwiches on griddle and cook 6 to 8 minutes or until bread is golden and cheese melts, turning sandwiches halfway through cooking. Cut each sandwich in half and serve with Lite Seasoned Oven Fries.

Approximate nutritional values per serving: 460 Calories, 8g Fat (16% of total calories), 2g Saturated (4% of total calories), 125mg Cholesterol, 635mg Sodium, 37g Carbohydrates, 3g Fiber, 57g Protein

*Dietary Exchanges:
2 Starch; 8 Protein; 2 Fat*

Chef Tip

With cancer-preventing characteristics, shredded cabbage is a healthy alternative to the sauerkraut traditionally used in Reuben sandwiches.