

Turkey Reuben Grilled Sandwiches

Serves: 8

Ingredients

4 Tbsp. fat-free Thousand Island salad dressing, divided	8 oz. turkey breast
8 slices dark, pumpernickel bread	$\frac{3}{4}$ cup sauerkraut
8 $\frac{1}{2}$ -oz. slices of light Swiss cheese	1 tsp. caraway seeds (optional)
	Butter-flavored cooking spray

Spread dressing on one side of each slice of bread.

Top 4 slices of bread with one slice of cheese each.

Top cheese with turkey breast, sauerkraut, caraway seeds, and second piece of cheese. Cover with second piece of bread.

Heat a nonstick skillet to medium-high; lightly coat with cooking spray. Place sandwich in pan. Cook 1 minute. Spray top side of sandwich, flip, and cook an additional minute until crispy and cheese is melted.

Cool slightly and cut in half.

Per serving: 117 calories, 2 g fat.