



# Reuben Burger

I decided to morph the classic deli sandwich into an easy to make, delicious, healthy burger

A traditional reuben is a pastrami sandwich's tough older brother that's spent time in the joint and has some attitude. A reuben sandwich typically has thousand island dressing, sauerkraut and a thick pile of pastrami with melted swiss cheese. To make my healthy, low fat burger version, we're using deli thin cut pastrami, so we can get a good amount for only 1 point added onto each burger. Then, we're topping it with a thin sliced of melted swiss cheese. It gets finished off with my nearly fat free thousand island dressing and mound of sauerkraut.

## Servings Info.:

Yields: 4 burgers  
Servings: 4  
Serving Size: 1 burger



- last checked 03/23/24 -  
Listed Points DO NOT INCLUDE BREAD! Use  
whatever brand rolls you want, then add my points.

## Ingredients:

### Burger Patties:

- 3/4 batch of 'savory' ground turkey, recipe on pg. 26, formed into (4) 3oz burger patties. Set aside to rest for 20-30 mins.

### Thousand Island Dressing:

- 1 batch of my thousand island dressing, recipe on pg. 23

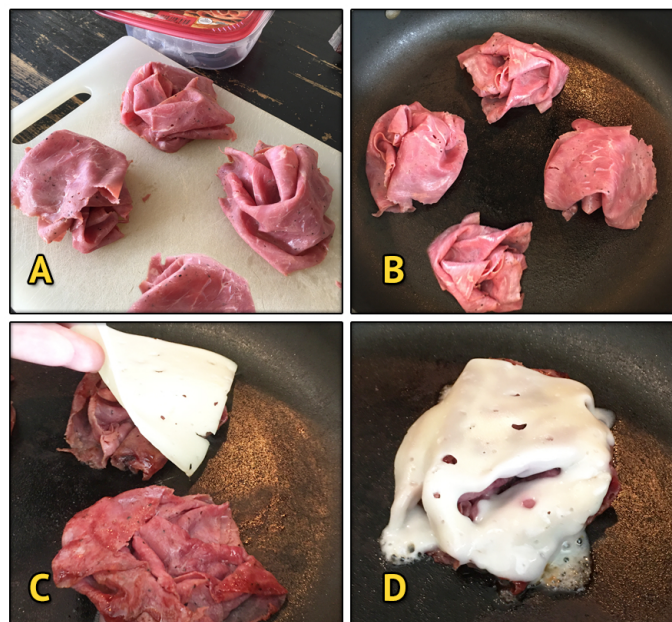
### Additional Toppings:

- Sauerkraut. You can find it in the grocery store, jarred, near the pickles. Or, they sometimes have fancier brands by the deli section
- 4 slices Swiss cheese, ultra thin sliced. **(see notes)\*\***
- Thin cut pastrami, up to 4 points worth, divided into four portions. *(I used Hillshire farms ultra thin sliced)* **(SEE NOTES)**



## Directions:

- 1 Prepare thousand island dressing. Cover and set aside.
- 2 Preheat a pan over medium heat till water sizzles on it's surface. Spray with cooking spray and cook the burger patties for 2.5 minutes per side. Remove and set aside.



- 3 **(A)** Separate your thin cut pastrami into four 1 point mounds (weigh in grams, using a kitchen scale). **(B)** Preheat a pan for 1 minute on medium-high heat till water sizzles on the surface. Then, place the 4 mounds into the pan and sear them for 1 minute. **(C)** Flip the mounds, trying to keep their shapes and cover each one with a slice of Swiss cheese. **(D)** Put a little water in the pan, cover with a lid, and cook for 1 minute, or until the cheese begins to melt. Turn off heat.





- 4 (A) Toast your burger buns o' choice, then smear the bottom bun with some of the thousand island dressing. (B) Place a burger patty onto the dressing, then grab a good sized mound of 'kraut, squeeze it over a bowl to drain most of the liquid from it (trust me, you do NOT want a ton of pickled cabbage juice poured onto your burger...), then place it on top of the burger patty. (C) Next, set one of the mounds of pastrami and melted swiss onto the mound of 'kraut. (D) Finally, smear some more thousand island onto the top bun. Done.

## NOTES & SUGGESTIONS:

- **DRESSING:** Don't like thousand island? Use mustard instead. Stone ground mustard would go well with this.
- **PASTRAMI BURGER:** If you don't like the thought of a big pile of smelly, pickled cabbage on your burger, replace it with lettuce and tomato. Guess what, you just made a Pastrami Burger.
- **Pastrami:** I found "hillshire farms, deli thin cut pastrami" at the grocery store, in the cold cut meat section. A 7oz package is ONLY 4 points!!! For all of it! There were 13 large slices in the container. I divided it into 4 portions, so each burger got 3 slices for 1 point... don't ask what happened to the extra slice. \*cough\*  
Use any brand of thin cut pastrami, or thin cut turkey pastrami you want. You can even go to the deli counter and ask them to slice you some pastrami as thin as they can. Then go home and measure the meat by weight, in grams. Use a 1 point amount, per burger.
- **Swiss Cheese:** 2 slices of Sargento brand thin sliced swiss cheese is 3 points. NORMAL thickness swiss cheese is usually 3 points per slice. So, it gives you options. If you can't find packaged thin sliced swiss, you have 4 options:
  - 1) You can use regular, higher point swiss and adjust your burger's points.
  - 2) Buy any brand swiss you want, weigh the slices in grams, then trim some cheese away so it lowers in points, down to 1 point for a slice.
  - 3) Ask the folks at the deli counter to slice you some Swiss cheese, as thin as they possibly can. Then when you get home, weigh it, in grams, to check the points. Then you can trim it if you want.
  - 4) Say "screw it!", use a regular thickness slice of full fat Swiss cheese, tell yourself the points are worth it, "It's MY plan!" and you do you! Rock that cheese, baby!

