

RUBEN SKILLET

INGREDIENTS

2 tbsp butter	4 oz. Swiss Cheese
10 oz. corn beef, sliced or shredded	1/2 Cup Mayonnaise
9 oz. sauerkraut, drained	dill pickles
1 tbsp Dijon Mustard	

PROCEDURE

Heat up butter in a skillet over medium-low heat.

Add corned beef and fry for a few minutes.

Drain the sauerkraut and squeeze as much liquid as possible out of it. Distribute evenly in the pan.

Place small dollops of mustard here and there in the sauerkraut.

Add sliced Swiss cheese and heat until the cheese is melting.

Serve with mayonnaise and dill pickles.

Thousand Island Dressing.

1 cup mayonnaise	1 tsp tabasco
1 cup crème fraîche or sour cream	1 shallot, finely chopped
½ red bell pepper, finely chopped	4 tbsp mild chili sauce
¼ cup dill pickles, finely chopped	sea salt and pepper

Mix all ingredients thoroughly in a bowl. Let sit in the refrigerator for at least 15 minutes to let the flavors develop.

Skip (or reduce) the tabasco if you are using a hot chili sauce.

You can also use sugar-free ketchup or tomato paste if you want a milder sauce.

NATURAL HEALTH

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