

Salad

Beef

Hearty Reuben Salad

This is a salad that is very different from most. It does taste very much like the famous Reuben Sandwich. A great salad for that covered dish meal you need for work.

1/2 pound deli corned beef, thinly sliced

4 cups torn iceberg lettuce

1 can (16 oz.) sauerkraut,
rinsed and drained

1 cup cubed Swiss cheese

2 Tb. chopped fresh parsley

1/2 cup Thousand Island salad dressing

1/2 cup rye croutons

4 hard-cooked eggs, quartered



Roll individual corned beef slices up and cut into bite-size pieces.

In a large salad bowl or shallow platter, toss lettuce, sauerkraut, cheese, corned beef and parsley.

Drizzle with dressing.

Garnish with croutons and eggs.

Serve immediately

Yield: 4 servings.

NOTE: My recipe for Russian dressing is excellent for this salad and can be mixed with the fat-free mayonnaise dressing. I like to make my Pumpernickel Bread and make my own croutons. Put sliced bread in a hot oven (500 degrees). Turn oven off and the bread will harden and brown. Slice bread when cool into cubes. Serve the rest of the bread with the salad.