

7-Point Rubeen Sandwich

2 slices of Chompies Original Jewish Rye Bread

1 ounce or wedge Laughing Cow Lite Cheese

1 ounce deli corned beef

1/4 cup drained sauerkraut

1 tbsp. Kraft Lite-Done Right Thousand Island Dressing

1 tbsp. Smart Balance Lite

Spread Smart Balance on one side of each piece of bread. On the other side of one piece, spread cheese , add sauerkraut and corned beef and top with thousand island dressing. Put top on sandwich and grill until golden brown.

This is also good with shaved turkey and is half the points of corned beef. The Rye bread can be found at Fry's in their bakery department.