

Reuben Salad

READY IN



120 min.

SERVINGS



8

CALORIES



339 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 3 tablespoons cider vinegar
- ☐ 6 tablespoons mayonnaise light fat-free low-fat, (regular, , or)
- ☐ 2 pounds cabbage green
- ☐ 1 tablespoon catsup
- ☐ 0.5 pound deli pastrami thick-cut cut into 1/4-inch dice
- ☐ 2 tablespoons relish
- ☐ 1 cup cracked rye berries
- ☐ 2 tablespoons salt
- ☐ 0.5 pound swiss cheese diced thick-cut

Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk
- ☐ sieve
- ☐ mandoline
- ☐ colander
- ☐ cutting board

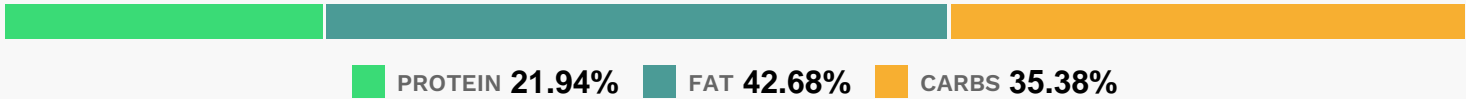
Directions

- ☐ Soak the rye berries in a big bowl of cool water for at least 8 and up to 16 hours.
- ☐ Drain the rye berries in a fine-mesh sieve or small-holed colander set in the sink.
- ☐ Pour the rye berries into a large saucepan, cover with water by several inches, and bring to a boil over high heat. Reduce the heat to low and simmer until tender, about 1 hour 15 minutes.
- ☐ Drain again in that sieve or colander, then run under cool water to stop the cooking.
- ☐ Drain thoroughly.
- ☐ Slice the cabbage head in half.
- ☐ Cut out the thick, pyramidal core at the base of each half. Set the halves cut side down on the cutting board; make thin slices parallel to the core's former point up in the heart of the cabbage. Separate the shreds from each other and toss them in a large bowl with the salt. Set aside at room temperature for 30 minutes.
- ☐ Rinse the cabbage to get rid of the excess salt, then squeeze it by handfuls to remove any excess water. Dump these handfuls into a large serving bowl as you go.
- ☐ Pour in the cooked rye berries, diced pastrami, and cheese. Toss well.
- ☐ Whisk the mayonnaise, pickle relish, and ketchup in a small bowl; whisk in the vinegar.
- ☐ Pour this dressing onto the salad and toss it up.
- ☐ Make ahead:Store, covered, in the fridge for up to 3 days.Save time:Use 2 2/3 cups cooked rye berries and omit soaking and cooking the raw grains.CHEF IT UP!•Run the cut cabbage halves down a mandoline with a 1/8-inch blade to make perfectly thin strips. Use the safety guard to protect your fingers.TESTERS' NOTES•Consider this the classic Reuben sandwich in a

bowl—or a cross between that sandwich and coleslaw. •For the best results, buy the meat and cheese in single, thick slabs from the deli counter, then dice them at home, rather than trying to work with flimsy, paper-thin slices.

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Nutrition Facts



Properties

Glycemic Index:13.88, Glycemic Load:1.78, Inflammation Score:-5, Nutrition Score:17.370869683183%

Flavonoids

Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg

Nutrients (% of daily need)

Calories: 338.71kcal (16.94%), Fat: 16.66g (25.63%), Saturated Fat: 7.26g (45.36%), Carbohydrates: 31.08g (10.36%), Net Carbohydrates: 24.24g (8.82%), Sugar: 4.42g (4.92%), Cholesterol: 45.62mg (15.21%), Sodium: 2298.51mg (99.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.28g (38.56%), Vitamin K: 92.27µg (87.88%), Vitamin C: 41.62mg (50.45%), Calcium: 315.36mg (31.54%), Fiber: 6.84g (27.36%), Phosphorus: 256.89mg (25.69%), Selenium: 15.6µg (22.29%), Vitamin B12: 1.04µg (17.29%), Vitamin B1: 0.25mg (16.35%), Zinc: 2.13mg (14.17%), Vitamin B6: 0.27mg (13.6%), Folate: 52.79µg (13.2%), Vitamin B2: 0.2mg (11.68%), Iron: 2.09mg (11.63%), Manganese: 0.21mg (10.42%), Potassium: 309.9mg (8.85%), Vitamin B3: 1.59mg (7.97%), Magnesium: 29.84mg (7.46%), Vitamin A: 369.66IU (7.39%), Vitamin B5: 0.5mg (4.99%), Vitamin E: 0.7mg (4.66%), Copper: 0.07mg (3.34%), Vitamin D: 0.2µg (1.32%)