



## Bell Pepper Reuben



Entire recipe: 108 calories, 4.5g total fat (2g sat. fat), 644mg sodium, 7g carbs, 2.5g fiber, 4g sugars, 10.5g protein

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**Prep:** 5 minutes    **Cook:** 5 minutes or less



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### Ingredients

1/2 large red bell pepper half (sliced lengthwise), seeds and stem removed  
1/2 slice reduced-fat Swiss cheese  
3 tbsp. sauerkraut, drained and patted dry  
1 oz. (about 2 slices) corned beef, trimmed of excess fat and chopped (See HG Tip)  
1 tsp. yellow mustard

### Directions

Place bell pepper half on a microwave-safe plate. Fill with cheese, sauerkraut, and corned beef.

Microwave for 20 seconds, or until warm.

Top with mustard.

MAKES 1 SERVING

**HG Tip:** For a plant-based reuben, look for vegan corned beef. We like the kind by [Mrs. Goldfarb's Unreal Deli](#)!

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