



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

Green Plan [SmartPoints](#)® value 2*

Blue Plan (Freestyle™) [SmartPoints](#)® value 2*

Purple Plan [SmartPoints](#)® value 2*

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!](#)

SmartPoints® value* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the **SmartPoints**® values* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

*The **SmartPoints**® values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the **SmartPoints**® trademark.