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Sauerkraut Toastie Lunch (E)

This recipe comes from Marla Kostis who is a certified Trim Healthy Coach. Marla was a featured coach in the “Back to Busy Season” edition of the Trim Healthy Living EZine. She says: “This fantastic E lunch is my go-to, quick, and easy recipe for busy times!”

Serving Size: Single-serve

INGREDIENTS:

- 2 slices on-plan sourdough bread (or sprouted or rye bread)
- 2 wedges Light Laughing Cow Cheese
- 1 slice low-fat, plan friendly deli meat of choice (I like Kirkland turkey breast.)
- 1 teaspoon unsalted butter
- 2/3 cup sauerkraut
- 2 Tablespoons fresh chives, finely chopped

INSTRUCTIONS:

1. Butter the sourdough slices on one side.
2. Place the deli meat, sauerkraut and cheese onto unbuttered side of bread and sprinkle with chives.
3. Sandwich the bread with buttered side facing out.
4. Heat a non-stick frying pan or a large cast iron skillet until hot.
5. Place the sandwich in the pan and, using a heat proof bowl as a weight, press them down until nicely melted and browned.