

# Reuben Eggs Benedict

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## Servings: 4

*4 large eggs  
coarsely ground pepper  
1/8 teaspoon salt  
2 pretzel hamburger buns, split  
4 slices (3/4 ounce ea) Swiss cheese  
1/3 cup sauerkraut, rinsed, drained  
well and chopped  
1/4 pound sliced deli corned beef  
Thousand Island salad dressing*

## Preparation Time: 20 minutes

### Cook Time: 15 minutes

Preheat the oven to 450 degrees.

Heat a large skillet coated with cooking spray over medium-high heat. Break the eggs, one at a time, into the pan. Sprinkle with pepper. Reduce the heat to low.

Cook to the desired doneness, turning after the whites are set, about 2 to 3 minutes. Sprinkle with salt. Keep warm.

While the eggs are cooking, hollow out the the split pretzel buns. Toast the buns on a baking sheet or oven rack, 3 to 4 minutes. Top with cheese. Return to the oven until the cheese is melted.

To assemble: layer one-fourth of the sauerkraut, one-fourth of the corned beef and one egg on each bun half. Drizzle with the Thousand Island dressing.

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Per Serving (excluding unknown items): 504 Calories; 36g Fat (65.0% calories from fat); 39g Protein; 5g Carbohydrate; trace Dietary Fiber; 316mg Cholesterol; 557mg Sodium. Exchanges: 5 Lean Meat; 0 Vegetable; 4 Fat.