

Sandwiches

Rachel Patty Melts

Rachael Ray

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Servings: 4

A Rachel is a Reuben made with turkey instead of corned beef.

DRESSING

1 cup sour cream

1/4 cup ketchup

2 tablespoons dill pickle relish

1 tablespoon lemon juice

1 teaspoon hot sauce, such as Tabasco

salt and pepper

PATTIES

1 1/4 pounds ground dark-and white-meat turkey

3 tablespoons onion, grated (grate over the turkey to catch the juices)

2 tablespoons flat-leaf parsley, finely chopped

1 tablespoon Worcestershire sauce

1 1/2 teaspoons ground poultry seasoning, such as Bell's (about 1/2 palmful)

coarse salt and pepper

drizzle of vegetable oil OR extra-virgin olive oil

SANDWICH FIXINS

1 one-pound package sauerkraut, rinsed and drained

8 slices marble rye OR pumpernickle bread

4 tablespoons butter, softened

8 deli slices Emmentaler cheese

8 deli slices sharp Cheddar cheese

spicy brown mustard

In a small bowl, combine all of the dressing ingredients.

Heat a griddle pan over medium-high heat. Combine all of the patty ingredients except for the oil. Form four patties.

Drizzle the oil on the griddle. Add the patties and cook, turning once, until cooked through, 8 to 10 minutes. Transfer to a plate. Wipe the griddle.

In a small saucepan, warm the sauerkraut over medium heat.

Lightly spread one side of each bread slice with the butter. With the buttered sides facing down, build the patty melts. Spread the dressing liberally on the unbuttered sides of four bread slices, then top each with two Emmentaler slices, an even layer of sauerkraut, a turkey patty and two Cheddar slices. Slather the mustard on the unbuttered sides of the other four bread slices and set in place.

Griddle, turning once, until crisp on the outside and the cheese is melted, 6 to 8 minutes.

Per Serving (excluding unknown items): 1172 Calories; 99g Fat (75.3% calories from fat); 59g Protein; 14g Carbohydrate; 2g Dietary Fiber; 294mg Cholesterol; 2191mg Sodium. Exchanges: 8 Lean Meat; 1/2 Vegetable; 0 Fruit; 0 Non-Fat Milk; 14 1/2 Fat; 1/2 Other Carbohydrates.