

RECIPE



Corned Beef/Pastrami with Cole Slaw on Rumpnickel

Ingredients

1 loaf rumpnickel bread
½ lb. corned beef or pastrami
½ head of green cabbage
½ cup fat free plain yogurt
4 tbsl mayonnaise
2 teas lemon juice
½ teas salt
¾ teas sugar
3 teas caraway seeds
1/3 cup golden raisins
Cultured unsalted butter

Slice the cabbage very thin and then cross cut into 1' pieces. Set aside. Mix together the yogurt, mayonnaise, lemon juice, salt, sugar, caraway seeds and raisins. Add the cabbage slices. Put this mixture in the refrigerator until ready to serve. Spread several slices of rumpnickel with a thin layer of butter. Cut each slice of rumpnickel in taste size pieces. Add a slice of corned beef or pastrami and a dollop of cole-slaw on top.

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