

Workforce Health Kitchen: *Live*

Recipe of the Month:

Turkey Reuben and Cucumber Salad

Join Coach Joelle in making a healthier twist on a deli favorite. This Turkey Reuben features a homemade Thousand Island dressing and different kraut options. It can be customized with your favorite toppings, making it perfect for the whole family. You'll also learn how to make an easy cucumber salad to pair with your sandwich.



**August 11, 2026
12-12:30 p.m.**

Click here or snap the QR code
to Register on Webex
Password: Wellness1



**August 27, 2026
4:30-5 p.m.**

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About your instructor:



Joelle, RD, CD

Joelle is a Registered Dietitian Nutritionist and Certified Wellcoach® with over 25 years of experience in nutrition and wellness. In addition to coaching her clients to better health, Joelle regularly demonstrates healthful cooking and meal prep techniques to large audiences.

See full recipe on the next page.

Note: Participants attending as part of an employer's incentive program must individually register and join via web browser in order to receive credit for attending.



Workforce Health

Turkey Reuben



Makes 2 Servings/Sandwiches

Ingredients:

- 4 slices of whole grain rye bread, toasted
- 2-4 Tbsp. Thousand Island dressing (recipe below) or Russian dressing
- 4 large slices of turkey, 2 to 3 ounces
- 2 thin slices of Swiss cheese
- ½ cup sauerkraut (drained) or fermented cabbage or pickled onions

Directions:

1. Spread dressing on each slice of bread. Top with sliced turkey, sauerkraut and cheese.
2. Place in oven or toaster oven at 350 degrees until the cheese is melted.
3. Once the cheese is melted, top with second slice of bread and toast (you can add more dressing if you'd like).
4. Optional add-ons before toasting: tomatoes, spinach, avocado

Thousand Island Dressing

Mix the following ingredients together in a small bowl until well combined:

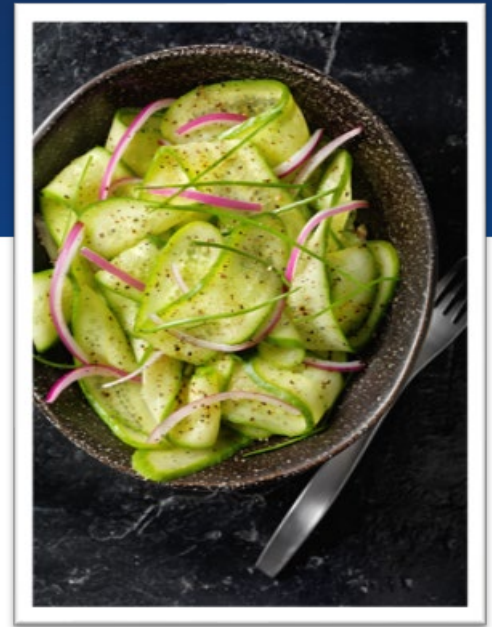
- 1 cup plain nonfat Greek yogurt
- 4 Tbsp. ketchup
- 4 Tbsp. pickle relish or minced pickles
- 2 tsp. Worcestershire sauce (or 2 tsp. soy or tamari sauce plus a pinch of sugar)
- 1 ½ tsp. kosher salt or coarse sea salt
- ½ tsp. ground black pepper

Nutritional facts per sandwich:

Calories: 300 • Fat: 8g • Sodium: 990mg • Carbohydrates: 30g • Dietary Fiber: 2g • Protein: 29g

<https://joybauer.com/>

Cucumber Salad



Make 6 servings

Ingredients

- 1 small red onion, halved lengthwise, thinly sliced
- 2 lb. Persian or English cucumbers, cut into 1/4" thick rounds
- 2 1/4 tsp. (or more) kosher salt, divided
- 2 Tbsp. extra-virgin olive oil
- 1 Tbsp. apple cider vinegar
- 1 Tbsp. fresh lemon juice
- 1 Tbsp. whole-grain mustard
- 1 tsp. honey
- 1/4 tsp. black pepper
- 1/4 tsp. crushed red pepper flakes (optional)
- 1/3 cup chopped fresh dill
- 1/4 cup thinly sliced chives

Directions:

1. Place onions in a small bowl of ice water; let soak for 15 minutes.
2. Meanwhile, place cucumbers in a salad spinner or colander set over a bowl. Toss with 2 tsp. salt. Let sit, tossing occasionally, until cucumbers release their water, about 15 minutes.
3. In a small bowl, mix oil, vinegar, lemon juice, mustard, honey, black pepper, red pepper and 1/4 teaspoon salt.
4. Remove excess water from cucumbers with salad spinner or by blotting with paper towels, then transfer to a large bowl. Drain onions and add to bowl, along with dressing, dill and chives. Toss well to combine. For best flavor and texture, let sit until salad absorbs some of the dressing, about 15 minutes.
5. Season with more salt, if needed.

Nutritional facts per serving

Calories: 55 • Fat: 4g • Sodium: 312mg • Carbohydrates: 5g • Dietary Fiber: 2g • Protein: 1g

Modified from www.delish.com