



Cent\$ible Nutrition Program

Helping Families Eat better for Less

Rueben Runzas

- 1 recipe of Bread in a Bag* using rye instead of whole wheat flour
 - 1 pound cooked corned beef (may be found in deli section, sliced thin)
 - 2 cups Swiss cheese grated
 - 2 cups sauerkraut, drained
 - Russian dressing
1. Mix Bread in a Bag, let rest 10 minutes.
 2. Divide dough into 8 sections. Roll each section into a circle.
 3. In the middle of the circle place corned beef, top with sauerkraut and cheese. Bring opposite sides of dough together and pinch closed. Pinch and seal remaining edges. It will look like a small wrapped present.
 4. Place seam side down on baking sheet. Let rise for 20 minutes.
 5. Bake at 350° F, for 15 minutes. Serve warm with Russian dressing. The warm “roll” and cold dressing is a nice contrast.

This would look great plated with colorful vegetables.

Nutrition Facts	
Serving Size: 1 Runza (248g)	
Servings: 8	
Amount Per Serving	
Calories 540	Calories from Fat 220
% Daily Value*	
Total Fat 24g	37%
Saturated Fat 9g	43%
Trans Fat 0g	
Cholesterol 80mg	27%
Sodium 1730mg	72%
Total Carbohydrate 55g	18%
Dietary Fiber 10g	38%
Sugars 6g	
Protein 27g	
Vitamin A 4%	Vitamin C 15%
Calcium 35%	Iron 30%

*Percent Daily Values are based on a 2,000 calorie diet.

*Recipe can be found in the Cent\$ible Nutrition Cookbook available for purchase. Log on to www.uwyo.edu/centsible for more information.



TV Show

Cent\$ible Nutrition Program University of Wyoming Family and Consumer Sciences

Dept 3354; 1000 E. University Ave.; Laramie, WY 82071

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USDA and the University of Wyoming are equal opportunity providers and employers. This material was funded by USDA's SNAP-Ed.