

# RUBEN-TOPPED IRISH NACHOS

Sounds naughty, but this is a delicious healthy alternative to celebrate St. Paddy's day.

<https://twohealthykitchens.com/healthy-st-patricks-day-recipes>

## INGREDIENTS:

### THOUSAND ISLAND DRESSING:

- 2 1/2 tablespoons nonfat plain Greek yogurt
- 1 1/2 tablespoons ketchup
- 2 teaspoons sweet pickle relish
- 3/4 teaspoon white vinegar
- 1/4 teaspoon hot sauce (such as Frank's Red Hot)
- 1/8 teaspoon garlic powder
- 1/8 teaspoon onion powder
- 1/8 teaspoon kosher salt

### POTATOES:

- 1 1/2 pounds russet potatoes, scrubbed
- 1 tablespoon extra-virgin olive oil
- 3/4 teaspoon garlic powder
- 3/4 teaspoon onion powder
- 3/4 teaspoon kosher salt
- 1/8 teaspoon black pepper

### RUBEN TOPPING:

- 3 ounces extra-lean deli corned beef, chopped
- 1 cup shredded, reduced-fat Swiss cheese
- 1/4 - 1/3 cup sauerkraut (exact amount is personal preference), drained and gently pressed
- finely chopped parsley (if desired), for garnish

## INSTRUCTIONS:

1. Preheat oven to 475°F.
2. In a medium bowl, combine dressing ingredients: Greek yogurt, ketchup, relish, vinegar, hot sauce, 1/8 teaspoon garlic powder, 1/8 teaspoon onion powder, and 1/8 teaspoon kosher salt. Cover and refrigerate until needed (can be made up to about two days ahead).
3. Cut potatoes evenly into 1/8"-thick slices. (You can use a mandolin for this if you'd like, but I use a chef's knife. Either way, the key is to cut them very uniformly so they bake evenly.)
4. In a large bowl, toss potato slices with olive oil until evenly coated. Sprinkle potatoes with 3/4 teaspoon garlic powder, 3/4 teaspoon onion powder, 3/4 teaspoon kosher salt, and black pepper. Toss again to be sure spices are distributed very evenly. You may find that it's easiest to do this with your hands, rather than a mixing spoon.
5. Place potato slices onto two parchment-lined baking sheets, spreading them out and making sure they don't touch or overlap.
6. Bake potato slices for 12-14 minutes. The exact baking times may vary if your potato slices aren't cut to 1/8" or if they aren't uniform in thickness. Check them periodically: you're looking for a warm, browned, toasty bit of color on the bottom of your slices, but you don't want them to burn.

