



December 29- Veggie Bagel Buddies

Not Smart Snack

Link: <http://www.whatscooking.fns.usda.gov/recipes/child-nutrition-cnp/veggie-bagel-buddies>

Recipe

Ingredients:

- 3 Whole wheat bagels
- 2 teaspoons Ranch dressing, powdered
- 3 ounces Lowfat cream cheese
- ½ cup Carrots, finely chopped
- ½ cup Cauliflower, finely chopped
- ½ cup Broccoli florets, finely chopped
- 6 tablespoons Reduced Fat Cheddar Cheese, shredded

Directions:

1. Split whole wheat bagels into halves and lay open-faced on baking sheet.
2. Mix cream cheese with powdered ranch flavoring, then spread on each bagel half.
3. Chop broccoli, cauliflower, and carrots finely and mix together in mixing bowl.
4. Sprinkle veggies on top of bagels, then top with 1 Tablespoon cheddar cheese.

Yield 6 servings

Nutrition Facts	
Serving Size 1/2 bagel (97.46g)	
Servings Per Container 6	
Amount Per Serving	
Calories 180	Calories from Fat 40
% Daily Value*	
Total Fat 4.5g	7%
Saturated Fat 2.5g	12%
Trans Fat 0g	
Cholesterol 15mg	4%
Sodium 410mg	17%
Total Carbohydrate 28g	9%
Dietary Fiber 3g	11%
Sugars 5g	
Protein 8g	17%
Vitamin A 40%	• Vitamin C 20%
Calcium 10%	• Iron 8%
* Percent Daily Values are based on a 2,000 calorie diet.	