



## Mini Veggie and Cheese Bagels

**Servings:** 6 (2 mini bagel halves each)

**Prep and Cooking Time:** 25 minutes

### Ingredients:

- 8 mini bagels
- 1 cup shredded Swiss cheese (4 ounces)
- 1 cup shredded Provolone cheese (4 ounces)
- 6 ounces frozen chopped spinach, thawed
- 3/4 cup shredded carrots
- 2 tablespoons minced onion
- 1/8 teaspoon salt
- Dash pepper
- 3 tablespoons chopped pimiento, drained

### Preparation:

Preheat oven to 375° F. Split bagels in half horizontally. With a serrated grapefruit spoon or knife, hollow out some of the bread, saving crumbs for another recipe. Press spinach between paper towels to remove excess moisture. Combine cheeses, spinach, carrots, onion, salt and pepper. Spread 2 heaping tablespoons mixture on each bagel half. Sprinkle with chopped pimiento. Place bagel halves on a baking sheet. Bake until cheese melts and edges are lightly toasted, about 8 to 10 minutes.

### Nutritional Facts:

#### *Nutritional Facts Per Serving:*

Calories:	230
Total Fat:	11g
Saturated Fat:	7g
Cholesterol:	30mg
Sodium:	430mg
Carbohydrates:	19g
Dietary Fiber:	2g
Protein:	14g (9.9g from dairy)
Calcium	35% Daily Value

Cost/recipe:

**\$5.41**

Cost/serving:

**\$.90**

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ON THE  
BASICS**

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