

BREAKFAST BAGEL SANDWICH

ALL YOU NEED:

- 1 Hy-Vee plain bakery fresh bagel, any flavor
- 1 Hy-Vee larg egg
- 1 tbsp Hy-Vee shredded sharp cheddar cheese
- 1 tbsp Hy-Vee mild salsa



ALL YOU DO:

1. Toast bagel.
2. Meanwhile, whisk egg and pour into a greased 1-cup microwave-safe custard cup.
3. Microwave on MEDIUM for 60 seconds. Sprinkle with cheese and top with salsa.
4. Let stand for 30 seconds.
5. Slide egg, cheese and salsa onto bottom of bagel.
6. Place bagel top on top of salsa and press gently.

NUTRITION FACTS PER SERVING: SERVES 5

Calories: 380; Carbohydrate: 59g; Dietary Fiber: 3g; Fat: 9g; Protein: 18g; Saturated Fat: 3g; Sodium: 920mg