

Beef and Cream Cheese Bagelwich

Total Recipe Time: 10 to 15 minutes

Makes 4 servings

Ingredients

- 12 ounces cooked beef (such as steak, roast, pot roast or deli roast beef), thinly sliced
- 4 thin-style flavored bagels or regular bagels, split
- 1/3 cup reduced-fat cream cheese
- 2 tablespoons nonpareil capers
- 8 thin slices tomato
- 4 thin slices red onion, separated into rings
- Nonpareil capers (optional)

Instructions

1. Spread cream cheese evenly on cut sides of each bagel half. Evenly sprinkle capers over cream cheese. Evenly top with tomato slices and onion rings; top with beef. Garnish with additional capers, if desired. Serve immediately or refrigerate until ready to eat (see tip).



Cook's Tip

Nonpareil capers typically refer to small pickled capers. Regular capers may be substituted.
Bagelwich-To-Go: This sandwich can be made to take on-the-go. Prepare recipe as directed. Close sandwich; wrap tightly in plastic wrap. Keep refrigerated until ready to eat.

Nutrition information per serving:

305 calories; 10 g fat (4 g saturated fat; 4 g monounsaturated fat); 71 mg cholesterol; 473 mg sodium; 27 g carbohydrate; 5.5 g fiber; 29 g protein; 4.3 mg niacin; 0.3 mg vitamin B₆; 2.8 mcg vitamin B₁₂; 4.2 mg iron; 26.4 mcg selenium; 5.6 mg zinc; 4.3 mg choline.

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