

Beef & Cream Cheese Bagelwich



 **15**
MINUTES

 **MAKES 4**
SERVINGS

 **6**
INGREDIENTS

Nutrition information per serving: 305 Calories; 90 Calories from fat; 10g Total Fat (4 g Saturated Fat; 4 g Monounsaturated Fat); 71 mg Cholesterol; 473 mg Sodium; 27 g Total Carbohydrate; 5.5 g Dietary Fiber; 29 g Protein; 4.2 mg Iron; 4.3 mg Niacin; 0.3 mg Vitamin B6; 2.8 mcg Vitamin B12; 5.6 mg Zinc; 26.4 mcg Selenium; 4.3 mg Choline.

This recipe is an excellent source of Dietary Fiber, Protein, Iron, Niacin, Vitamin B12, Zinc, and Selenium. It is a good source of Vitamin B6.

KEY MESSAGES

This recipe is a great way to use up leftovers and include lean protein on your busiest days. Simply slice beef from a previous meal or use roast beef deli meat for ease and convenience.

These bagelwiches are great for on the go - use in lunchboxes, for after school snacks, or even on road trips.

Allowing kids to help in the kitchen is a great way to promote healthy eating. Mix up the flavors of this recipe by letting them choose the vegetables and the spread, such as flavored cream cheese or honey mustard.

Demo Check List

GROCERY LIST

- 12 oz. cooked beef, sliced or shredded**
- 4 bagel thins**
- ½ cup reduced-fat cream cheese**
- 2 Tbsp. nonpareil capers, plus additional for garnish**
- 2 medium tomatoes**
- 1 red onion**
- Fresh fruit (optional)**

EQUIPMENT LIST

Use the provided equipment lists with each recipe as a planning tool.

- 2 cutting boards**
- 1 tiny clear glass bowl**
- 1 small spreader or spatula**
- 1 white hero plate**
- 3 small white plates**
- 1 large white plate**

BEEF & CREAM CHEESE BAGELWICH

Ingredients

12 oz. cooked beef, sliced or shredded (such as steak, roast, deli meat)	2 Tbsp. nonpareil capers , plus additional for garnish
4 bagel thins , split	8 thin slices tomato
½ cup reduced-fat cream cheese	4 thin slices red onion , separated into rings

Introduction

Beef and Cream Cheese Bagelwiches are quick to prepare and provide protein to keep you satisfied - the perfect combination for hectic schedules!

This recipe uses bagel thins, which come in a variety of options and flavors. Try to choose “100% whole grain” options for at least half of the grain foods you eat each day.

A 3-ounce serving of lean beef, provides 10 essential nutrients for only about 170 calories.¹

DEMONSTRATION

① **Spread cream cheese evenly on the cut side of each bagel half. Evenly sprinkle capers over the cream cheese.**

- Experiment with other spreads, such as hummus, flavored Greek yogurt dips, or barbeque sauce to suit your flavor preferences.
- Sprinkling some black pepper, garlic powder or other seasoning on the bagel thin is great way to maximize flavor while controlling calories and fat.
- Don't care for capers? Pickles or pickled jalapeños are tasty as well.

② **Top 4 of the bagel halves with tomato and onion slices.**

- This is your chance to individualize! Add other vegetables such as cucumber or pepper slices for a boost of color and more nutrients.

BEEF & CREAM CHEESE BAGELWICH

- If you're taking these on the go, be sure to blot the veggies to remove excess moisture to prevent the bagel thin from becoming soggy.
- Have time for a family meal at home? Slice a variety of vegetables and let everyone make their own bagelwich. Kids will feel empowered and may be more likely to eat veggies if they have the freedom to choose their own.

③ **Layer beef on top of the tomatoes and onions. Garnish with additional capers if desired. Place remaining bagel halves on the top to make 4 sandwiches. Serve immediately or refrigerate until ready to eat.**

- Beef is a foundational food that can help nourish and optimize health at every life stage.²
- To create a balanced meal with this recipe, simply add a side of fruit, such as an apple or a handful of grapes, and a glass of milk. What an easy way to fuel your day!

REFERENCES

- 1 U.S. Department of Agriculture, Agricultural Research Service. FoodData Central. 2019. Available at: fdc.nal.usda.gov. (NDB#13364)
- 2 McNeill SH, Van Elswyk ME. Meat: Role in the diet. In: Caballero B, et al, ed. Encyclopedia of Food and Health. Cambridge, MA: Academic Press, 2016: 693-700.

Closing

Eating nutrient-rich food, like colorful fruits and vegetables, whole grains and lean beef, helps you get more of the nutrients your body needs, but can't make on its own.

Beef has high quality protein, iron, zinc and B-vitamins: nutrients we all need to stay healthy and strong.

This stir-fry recipe is full of color, quick and easy and can be adapted to your family's preferences.

For more quick & easy recipes visit [BeefLovingTexans.com/recipes](https://www.beeflovingtexans.com/recipes)