

# Fresh Veggie Bagel Sandwich

Code
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Nutrition Facts:	
Yield	1
Calories	287
Total Fat	2
Sat Fat	0
Sodium	633 mg
Calcium	48 mg
Total Sugars	7 g
Iron	4 mg

## **Ingredients Needed:**

- 1 bagel, sliced in half (bagel of your choice)
- 1 tablespoon brown mustard
- 1 leaf romaine lettuce
- 4 slices of bell pepper
- 4 slices of cucumber
- 2 slices of tomato
- 2 slices red onion
- ½ cup spinach
- Ground pepper, to taste



## **Recipe Directions:**

- Spread mustard onto the cut sides of the bagel.
- Layer the lettuce, green pepper, cucumber, and tomato on one-half. Season the tomato with pepper.
- Top with onion and spinach and cover with the other half of the bagel.