



Bagels & Lox Egg 'wiches



Entire recipe (4 mini sandwiches): 166 calories, 5.5g total fat (2.5g sat. fat), 765mg sodium, 4.5g carbs, 0.5g fiber, 2.5g sugars, 21.5g protein

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Prep: 5 minutes **Cook:** 20 minutes

Cool: 20 minutes



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Ingredients

- 4 large eggs
- 4 tsp. light/reduced-fat cream cheese
- 1/2 tsp. [everything bagel seasoning](#) (like the kind by Trader Joe's)
- 4 thin cucumber slices
- 1 oz. smoked salmon with 300mg sodium or less
- 2 cherry tomatoes, halved

Directions

Place eggs in a pot, and cover with water. Bring to a boil, and cook for 10 minutes.

Transfer eggs to a bowl, and cover with ice and cold water. Let sit for 20 minutes.

Gently crack eggs on the rim of the bowl, and peel off the shells.

Halve eggs lengthwise. Discard yolks or save for another use.

Evenly fill 4 of the egg white halves with cream cheese. Sprinkle with 1/4 tsp. everything bagel seasoning. Top with cucumber, smoked salmon, and tomato.

Top with remaining 4 egg white halves, and secure with toothpicks (if needed).

Sprinkle with remaining 1/4 tsp. everything bagel seasoning.

MAKES 1 SERVING

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