

Veggie Bagel Buddies

Prep time: 20 minutes

Makes: 6 Servings

Ingredients

- 3** Whole wheat bagels
- 2 teaspoons** Ranch dressing, powdered
- 3 ounces** Lowfat cream cheese
- 1/2 cup** Cauliflower, finely chopped
- 1/2 cup** Carrots, finely chopped
- 1/2 cup** Broccoli florets, finely chopped
- 6 tablespoons** Reduced Fat Cheddar Cheese, shredded

Directions

1. Split whole wheat bagels into halves and lay open-faced on baking sheet.
2. Mix cream cheese with powdered ranch flavoring, then spread on each bagel half.
3. Chop broccoli, cauliflower, and carrots finely and mix together in mixing bowl.
4. Sprinkle veggies on top of bagels, then top with 1 Tbsp cheddar cheese.

