



## Bagel Sandwiches

### Ingredients

1 bagel (check out the two-ingredient bagels on our website!)

2 eggs

2 slices low-sodium deli turkey

3-4 leaves of lettuce

1 heirloom tomato, sliced

Salt and pepper

### Directions:

1. Make the two-ingredient bagels on our website; Slice in half
2. To one half of the bagel, add lettuce leaves and tomato slices; Season with salt and pepper to taste; Next, add slices of turkey on top
3. Spray a skillet with cooking spray, Heat pan over medium heat; Once hot, crack two eggs directly in; Allow to cook for 2-3 minutes, depending on how runny you like the yolks
4. Transfer eggs from pan onto the same half of the bagel with all of the toppings
5. Close the bagel sandwich; Enjoy!

**Cookware needed:**  
Skillet or frying pan

Cost: 

Ease: 

**Health Benefit:** Eggs and turkey are a great source of protein to keep you energized and full throughout the day. Tomatoes contain vitamin C for immune health.