

Egg Rainbow Bagel



Preparation time: 5 mins

Serves: 4 people

User Rating: ★★★★★

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Categories: Quick & Easy, Breakfast Recipes, Lunch Recipes



Ingredients

- 250g reduced fat ricotta cheese
- 1 tbsp fresh dill, finely chopped
- 1 tbsp lemon juice
- 4 bagels
- 4 slices smoked salmon
- 4 eggs
- 4 tbsp water
- Freshly ground black pepper
- 1 cup baby spinach leaves
- Canola oil spray

Method

1. Mix ricotta with dill and lemon juice. Cut bagels in half and spread each side with ricotta mixture. Add 1 slice smoked salmon to bottom half of each bagel.
2. Whisk 1 eggs, 1 tbsp of water and pepper in a bowl. Lightly spray a 14cm non-stick frying pan with oil. Pour in mixture. Cook until eggs set.
3. While omelette is still in pan, place 1/4 cup of spinach leaves on one side and fold the other side of the omelette over the spinach. Remove, cut in half and place on top of smoked salmon. Repeat with remaining eggs.

Nutritional Information

Serving size	Energy	Protein	Total fat	Saturated fat	Carbs (total)	Carbs (sugar)	Sodium	Fibre
316g	2050kj 490kcal	29.4g	11.8g	3.1g	62.7g	9.2g	1000mg	5g

All nutrition values are per serve.