



## Smoked Salmon & Cream Cheese on Mini Bagel

### Ingredients:

- 2 oz. cold smoked Atlantic salmon
- 2 T. whipped cream cheese
- 1 mini whole grain bagel (about 100 calories)
- Capers (optional)
- Dill weed
- Lemon wedges (optional)

Lightly toast bagel, spread with whipped cream cheese, top with capers and smoked salmon. Sprinkle with dill weed. Serve with wedge of lemon.

Serves 1

This also works well on a slice of toasted Arnold's Organic 22 Grains & Seeds bread.

It can make an easy lunch with a bunch of English cucumber slices or a side salad.

(Smoked salmon is high in sodium, so make sure you are drinking plenty of water.)