



Roasted Red Pepper on Mini-Bagel Sandwiches

Ingredients:

- ¾ cup (6 ounces) 1/3-less-fat cream cheese, softened
- ¼ cup (2 ounces) fat-free cream cheese, softened
- ¼ cup minced green onions
- ¼ teaspoon salt
- ⅛ teaspoon black pepper
- 2 garlic cloves, minced
- 12 mini bagels, halved and toasted
- 1 (12-ounce) bottle roasted red bell peppers, rinsed, drained, and chopped

Directions:

- Combine first 6 ingredients.
- Spread cream cheese mixture evenly over cut sides of bagels. Arrange the chopped red bell peppers evenly over bottom halves of bagels; top with top halves of bagels. Cut each sandwich in half.

Yield: 24 servings (Servicing is one-half sandwich)

Nutritional Information: Calories 62 (29% from fat); Fat 2g (sat 1.1g, mono 0.5g, poly 0.2g); Protein 2.6g; Carbohydrate 8.1g; Fiber 0.4g; Cholesterol 9mg; Iron 0.6mg; Sodium 173mg; Calcium 15mg;

Recipe Source: Kerri Kwist, *Cooking Light*, SEPTEMBER 2004

Past recipes may be obtained by going to the [Heartland Health](http://www.heartland-health.com/) web page (<http://www.heartland-health.com/>, KQ2 recipes) or by clicking on the Heartland Health logo above.