

LOX BAGEL

Recipe developed by Chef Paige Vondran



DIRECTIONS

- Chop the lox, tomato, capers, and red onion.
- In a small bowl, combine all of the ingredients until smooth.
- Season to taste with salt, pepper, and onion powder.
- Preheat oven to 350°F.
- Grease a donut/bagel shaped mold with nonstick cooking spray.
- Scoop mixture into the mold spreading evenly.
- Bake for 30-35 minutes or until firm and golden brown.
- Allow to cool before removing from pan.

	Ingredients	Exchanges
Protein	21.8 gm smoked lox	2 (+1 gm fat)
	5.3 gm NOW Real Foods® almond flour	1 (-1.5 gm fat)
	13.7 gm cream cheese, softened	0.7 (-4.2 gm fat)
Fat	14.5 gm mayonnaise	3 (+1 gm fat)
	3.8 gm canola oil	2 (-4.2 gm fat)
Carbohydrate	4.2 gm chopped fresh tomato	0.2
	3 gm capers	0.2
	9.6 gm red onion, chopped	1
Other	Salt, pepper, onion powder	

VARIATIONS

- Other proteins can be used such as chopped bacon, ham, or chopped breakfast sausage.
- Other carbohydrates can be used such as chopped fresh red pepper, grated yellow onion, or celery.
- If meal plan requires additional fat, butter or Smart Balance® can be spread over top prior to serving.

NEW INGREDIENTS

Capers (generic exchange- any brand can be used)

- 1 carbohydrate exchange= 15 gm
- Green edible flower buds that burst with a strong, salty flavor.