

## **Mini Bagel Breakfast Sandwich**

**By: Dottie Baltz**

Makes 9 Sandwiches

- ~ 9 mini bagels
- ~ 9 slices Canadian bacon, browned
- ~ 1-1/4 cup egg substitute
- ~ 1/4 cup sweet onion diced
- ~ 1/4 cup sweet red pepper diced
- ~ 3 slices of Fat Free American Cheese or 1/3 cup fat free shredded cheddar cheese
- ~ Salt and Pepper to Taste

Brown the Canadian bacon in a non-stick pan, sprayed with cooking spray, on medium heat about 3 minutes per side. Let bacon cool. While that is browning, mix together the egg substitute, diced onion, sweet pepper, cheese and salt and pepper in a bowl. If you are using sliced cheese, crumble it up into small pieces. Mix well then pour the mixture into an 8" x 8" glass dish that has been coated with non-stick cooking spray.

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Bake in the oven at 350 degrees for about 25-35 minutes, just until all the egg mixture is cooked. Let the egg mixture cool completely in the pan before cutting into nine equal squares.

Once the Canadian bacon and the egg mixture have cooled completely, assemble your bagel with one slice of the bacon and one square of the egg mixture. Wrap each sandwich in plastic wrap and store in the freezer inside a Ziploc bag for up to three months.

To reheat, loosen plastic wrap and heat in microwave on 50% power for 60-90 seconds. Best when sandwiches have been thawed prior to reheating.

### **Variations:**

Use a slice of turkey bacon instead of Canadian bacon.

Change out the ingredients for the egg mixture. Mushrooms, green peppers, salsa and feta are good alternatives.

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