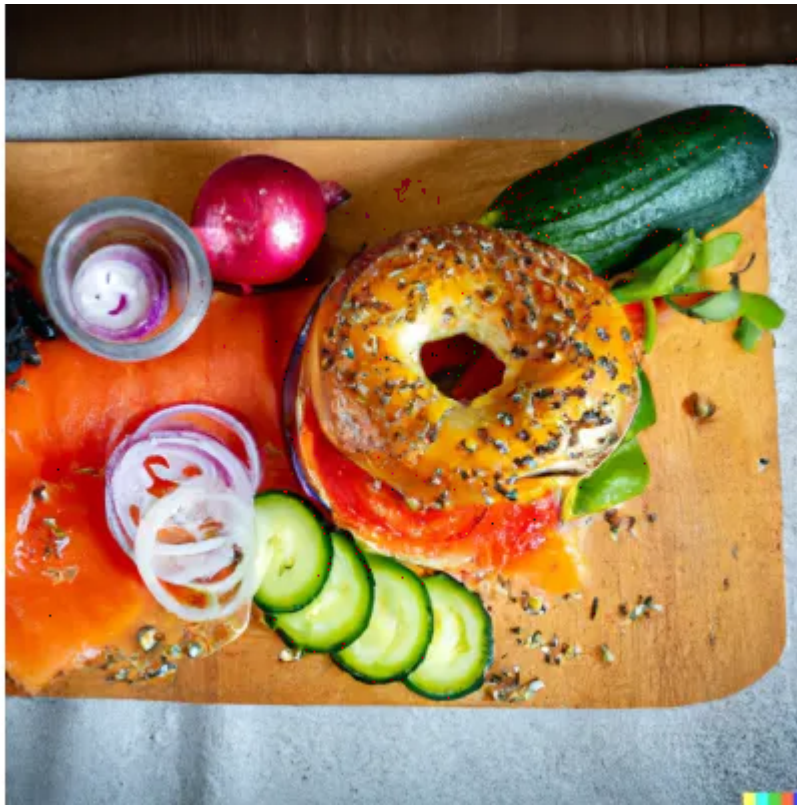


Whole Wheat Bagel with Smoked Salmon



This recipe offers the benefits of a whole wheat bagel, providing fiber and complex carbohydrates, complemented by a light cream cheese spread. Top it off with succulent smoked salmon for a rich source of omega-3 fatty acids.

Preparation 5 min
Cooking 3 min
Servings 1
Nutrition Facts (per serving)
Calories 280
Fat 6
Carbohydrates 36
Fibre 4
Protein 30

Ingredients

- 1 whole wheat bagel (75g)
- 5 ml of light cream cheese
- 55g smoked coho or sockeye salmon
- Fresh dill (optional)

Preparation

1. Slice the bagel in half horizontally and toast in a toaster.
2. Spread with light cream cheese, then layer on the smoked salmon, cucumber and onion slices, and capers.
3. Serve with cucumber slices, capers (2.5ml), fresh dill and red onion slices.

Notes



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