

Creamy Mushroom and Tomato Toasty Bagels

Cream cheese, grilled mushrooms and tasty tomatoes piled on a toasted wholemeal bagel. Is your mouth watering for this healthy lunch? The recipe is low in fat, saturated fat and sugar. Tomatoes contain vitamin C and potassium which are good for our skin, heart and for helping fight illness.



Milk and wheat (gluten)*

Nutritional information per portion (248g):

Energy	Fat	Saturates	Sugars	Salt
1063kJ 253kcal 13%	6g 9%	3g 15%	6.6g 7%	1.1g 19%

of an adult's reference intake.
Typical values per 100g: energy 428kJ/102kcal.

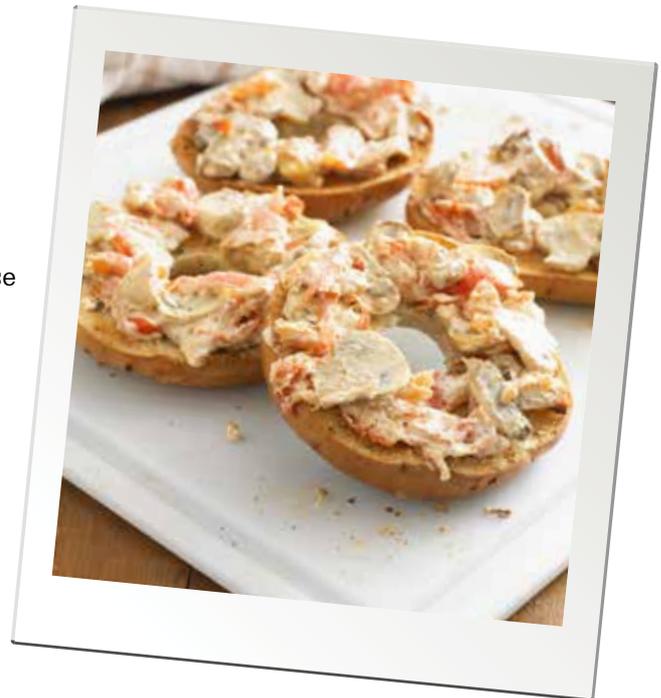
Equipment

Weighing scales
Kitchen paper
Chopping board
Sharp knife
20cm shallow ovenproof dish or tin
Oven gloves
Stirring spoon
Plate x 2

Ingredients

Serves 2
125g mushrooms
2 medium tomatoes
Black pepper (optional)
2 wholemeal bagels
60g reduced-fat cream cheese

*Presence of allergens can vary by brand – always check product labels. If you serve food outside the home you must make allergen information available when asked.



Top Tip

- For the best flavour, avoid washing mushrooms as they quickly absorb moisture and then release liquid as they are cooked.

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Method

1. Wipe the mushrooms with kitchen paper.
2. Cut into slices about the thickness of a pound coin and put into the ovenproof dish.
3. Wash and dry the tomatoes. Cut in half and then into thin slices.
4. Add the tomatoes to the mushrooms, season with black pepper (if using) and mix together.
5. Preheat the grill to medium then put the dish under and grill for 3–4 minutes.
6. Using oven gloves, remove the dish, stir and return to the grill for another 3–4 minutes or until the mushrooms are tender.
7. Carefully cut the bagels horizontally into two halves.
8. Remove the dish and stir in the cream cheese. Put back under the grill for another couple of minutes then stir until the cream cheese melts into a creamy sauce with the mushrooms and tomatoes.
9. Keep the dish hot whilst toasting the bagels on each side until golden.
10. Put the hot bagels on the plates and pile on the creamy mushrooms and tomatoes.

Top nutrition fact

- Magnesium is a mineral that helps turn the food we eat into energy. It's found in many of the foods in this recipe, such as the wholemeal bread and cream cheese.

Something to try next time

- Top the creamy mushroom mixture with 1 chopped spring onion or a few snipped chives and a sprinkle of paprika before serving.
- At step 6, add 30g of washed and dried torn-up spinach leaves to the mushrooms.
- Add a pinch of dried chilli flakes to the mushrooms and tomatoes before grilling them.

Prepare now, eat later

- This recipe is best served straight away.

Skills used include:

Washing, weighing, chopping, grilling and serving.