



Herb Bagel Bites

Garlic and basil transform ordinary bagels into an extraordinary snack.

Ages: 6–18 years

Makes: 6 servings

Prep time: 15 minutes

Cook time: 8 minutes

the INGREDIENTS

3 bagels, whole-wheat (at least 84 g or 3 oz each)

3 Tbsp margarine, *trans* fat-free

½ tsp + ¼ tsp garlic powder

½ Tbsp basil, leaf, dried (**3 tsp** fresh, chopped)

the DIRECTIONS

1. Wash hands with soap and water for at least 20 seconds.
2. Preheat oven to 400 °F.
3. Cut each bagel in half (if not already pre-sliced). Then cut each half into three pieces.
4. Place margarine in a microwave safe bowl. Melt in the microwave for 10 seconds at a time until completely melted.
5. Add garlic powder and basil to melted margarine. Stir.
6. Place bagel pieces in a medium bowl and toss with seasoned margarine.
7. Place on ungreased baking sheet and toast, about 7–8 minutes.
8. Serve 3 Herb Bagel Bites (½ bagel). Serve immediately, or keep warm at 140 °F or higher.

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NUTRITION INFORMATION

3 Herb Bagel Bites

Nutrients	Amount
Calories	163

Total Fat	6 g
Saturated Fat	1 g
Cholesterol	0 mg
Sodium	241 mg
Total Carbohydrate	24 g
Dietary Fiber	4 g
Total Sugars	3 g
Includes Added Sugars	N/A
Protein	5 g

Vitamin D	N/A
Calcium	78 mg
Iron	1 mg
Potassium	N/A

N/A = Data not available

Source: Team Nutrition CACFP Easy Recipe Project

TeamNutrition.USDA.gov


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CACFP CREDITING INFORMATION

1 ½ oz eq grains 

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CHEF TIPS

- **Contains wheat (bagels).** Bagels can be a hidden source of common allergens which include, milk, peanuts, tree nuts, eggs, fish, shellfish, soy, wheat, and sesame.
- Sesame can appear as an ingredient in foods where it might not be expected (bagels) and may be included in ingredient statements as "spice" or "flavoring."
- If using fresh basil, gently wash under running water before cutting.
- The  symbol indicates the recipe is whole grain-rich.
- Creditable grains contribution calculated using the Recipe Analysis Workbook, Method A.