



# Recipes for Success



## Bagel 'n' Egg Melts

This bagel melt recipe is a quick and easy lunch. The egg salad mixture can be prepared in advance and requires only a minute under the broiler, making these open-faced sandwiches a quick meal for everyone to enjoy.

**Serves:** 4  
**Time to prepare:** 10 min  
**Time to cook:** 1 min

### Ingredients:

6 hard-cooked eggs, peeled and coarsely chopped  
1/3 cup (75 mL) diced ham  
1/3 cup (75 mL) light or regular mayonnaise  
1 tbsp (15 mL) chopped green onion  
1/4 tsp (1.25 mL) pepper  
4 whole-grain bagels or English muffins  
1/2 cup (125 mL) shredded light Cheddar cheese



### Instructions

- **STEP 1:** Preheat oven grill.
- **STEP 2:** Combine eggs, ham, mayonnaise, green onion and pepper in medium bowl. Slice bagels in half and toast. Spread egg salad on top and sprinkle with cheese.
- **STEP 3:** Broil just until cheese melts.

### Tip:

- Make up egg and ham mixture ahead. Individual bagels can be heated in microwave just until cheese melts, about 45 seconds on Medium-High (70% power) for two half bagels.

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