nyc bagel shop salad



prep time:
15

featured product:
baby spring mix

we all love a fully loaded nyc bagel, but we don't always want a heavy meal or all the calories. this salad takes all of your favorite bagel toppings and turns it into a lighter version made with organic girl spring mix to satisfy all your cravings.

ingredients

serves 4

5 oz **organicgirl® baby spring mix**
1 cup cherry tomatoes, halved
1 small red onion or 1/3 cup thinly sliced
1 oz capers
4 oz goat cheese
everything seasoning
6 oz smoked salmon
4 oz everything bagel chips

cream cheese & goat cheese dressing:
4 oz plain cream cheese
2 oz goat cheese
1/2 oz fresh lemon juice
water
salt and pepper

directions

1. combine the first 4 ingredients in a large serving bowl.

2. then, place a tbsp of everything bagel seasoning in a small bowl or small plate.

3. make ½" balls of goat cheese and roll in the seasoning.

4. top the salad with the cheese balls, smoked salmon and bagel chip pieces.

5. serve with cream cheese & goat cheese dressing and enjoy.

dressing: combine ingredients in a small blender and blend until smooth.

nutrition

of servings 4
calories: 578
total fat: 28g
cholesterol: 67.5mg
sodium: 738mg
total carbohydrate: 55g
total sugars: 16g
protein: 28g