

Find this recipe at: <https://greenvalleylactosefree.com/in-the-kitchen/recipes/ultimate-veggie-bagel-sandwich>

Ultimate Veggie Bagel Sandwich

Prep time: 15 minutes

Servings: 2

The secret ingredient in this ultimate veggie bagel sandwich? The zesty lemon dill schmear made with our lactose-free cream cheese and lots of fresh herbs. Pile it high with veggies and avocado goodness and there you have it – a perfectly satisfying, flavorful bagel experience.

Green Valley Creamery

Ingredients

Bagel & Fixings:

2 everything bagels

1 Hass avocado, sliced

1 tomato, sliced

2 handfuls pea sprouts

Salt and freshly ground black pepper to taste

Lemon Dill Cream Cheese:

1 (8 oz.) tub Green Valley Creamery Lactose-Free Cream Cheese

Zest of one lemon

One lemon, juiced

¼ cup fresh dill, minced

¼ cup fresh flat leaf or curly parsley, minced

2 Tbsp. green onions, minced

Salt and freshly ground black pepper to taste

Instructions

Prepare the lemon dill cream cheese ingredients and combine them all in a bowl. Mix with a fork. Taste and adjust seasoning if necessary. Cover and refrigerate until you're ready to use it (will keep up to a week).

Toast your bagel. Spread the lemon dill cream cheese onto one side and start layering your ingredients.

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Sprinkle with salt and pepper and then cover with the other half of the bagel.

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[Lemon Dill Cream Cheese](#) recipe adapted from Foodie with Family.