

Traffic Light Bagels



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Spinach is loaded with Vitamin A and a good source of calcium. Tomatoes are a full of Vitamin C and eggs are a great source of protein.

Makes: 4 portions • Preparation time: 10 minutes

Ingredients

- 2-4 wholemeal bagels
- 3 eggs
- 2-3 tomatoes
- Handful spinach leaves

Equipment

- Toaster
- Knife
- Chopping board
- Microwave/hob & pan
- Bowl
- Fork

Allergy information

Bagels (gluten / wheat): Can use gluten free bagels.

Eggs: Can use a plant based egg replacement or scramble tofu in a pan to add to the bagel.

Method

1. If the bagel isn't already sliced, slice it in half.
2. Crack the eggs into a small bowl and scramble with a fork.
3. Slice the tomatoes nice and thinly.
4. If you have a hob, pour the egg and spinach into a saucepan and cook on a medium temperature. Keep mixing until the egg is cooked.
5. If you don't have a hob, you can use a microwave. Simply put the egg and spinach into a microwaveable bowl, heat for 30 seconds then stir with a fork. Microwave again for 10 seconds at a time, mixing after every burst until almost set (don't forget it will continue to cook after you take it out).
6. Put the sliced tomatoes onto the halved bagel, along with the scrambled eggs and spinach.

Top tips

- Try adding 1/2 tsp paprika to your eggs to spice them up
- Try adding some smashed avocado
- Pre-slice tomatoes the day before and store in the fridge so they are ready

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