

Mexican “Huevo” Bagel

Santa Cruz Valley Unified School District No. 35

Rio Rico, AZ



Recipe Ingredients:

- 1 ea- Whole grain bagel
- 1 ea- Hard boiled egg
- 1 ea- Roma tomato cut in thin slices
- 1 ea- Medium avocado
- 1 tsp Parmesan cheese
- 1 tsp Real bacon pieces
- Salt and pepper to taste



Preparation Method:

1. Wash hands and get all the ingredients and utensils ready.
2. Start by boiling eggs, this procedure takes 24 minutes.
3. Wash and dry the tomato. Carefully cut into thin slices. Set aside.
4. Open avocado in half, with a spoon get out all the pulp and put in a bowl. Add parmesan cheese and press down with a fork until you get “guacamole” spread consistency. Add a pinch of salt and pepper to taste, mix and set aside.
5. Once your eggs are boiled, peel them and cut them in slices. Be gentle so the eggs don't fall apart.
6. Put the bagel in a toaster in a low setting. Once bagel is toasted, spread the top with avocado mix, top it with a couple of tomato slices, add egg slices on top, sprinkle evenly with parmesan cheese and bacon pieces, Enjoy!

Yield: 1 serving



Marcelo Ibarra-Vallejo