# Vegie and Cheese Bagel Sandwich

## Description

this delicious bagel sandwich, piled high with cool, crisp vegetables and plenty of flavorful cheese.

## Summary

**Yield:** 1
**Prep Time:** 15 minutes
**Category:** Sandwiches
**Cuisine:** American
**Tags:** Football Vegie Alan

## Ingredients

- 1/2  block of cream cheese
- 1  tomatoes
- 1  cucumbers
- 1  Avacado
- 1  red onion
- 1  whole anything bagel or with lots of seeds
- 1  alfalfa sprouts
- 2 slice Muenster Cheese
- 2 slice Cheddar cheese
- 1  lettuce

## Instructions

Place ½ a block of cream cheese on a plate and mash it a bit with a fork.

Next, chop up 2-3 green onions and mix them with the cream cheese until thoroughly combined. Optional

Slice all veggies (tomatoes, cucumbers, avocados, red onions) thinly.

Slice bagel in half. Spread the cream cheese generously on both sides of the bagel.

Layer the vegetables.

First lay the avocados right along the cream cheese to help them stay put.

Next the alfalfa sprouts and then one slice of each kind of cheese.

On the other half of the bagel arrange the cucumber slices in a circle.

Sprinkle the cucumbers with a pinch of salt if you would like.

Next lay the onion slices on top of the cucumbers, then the tomatoes, followed by a slice of lettuce, and if you're feeling naughty, another slice of Muenster cheese.

Put the whole thing together and Voila!

A cool, crisp, and deliciously fabulous Veggie and Cheese Bagel Sandwich.