



# Grains of truth about BAGELS

## Definitions

Although bagels look like fat donuts, they are a “chewy” bread. Basic bagels are made from high-protein flour, water, sugar, yeast and salt. The term water bagel refers to the process of boiling the bagel before baking.

## History

History credits a baker from Vienna, Austria, for creating the first bagel in 1683. Thankful to the King of Poland for saving Austria from Turkish invaders, the baker reshaped a local bread so that it resembled the King’s stirrup. The new bread was called a “beugel,” derived from the German word for stirrup, “bugel.”

When Austria Jews emigrated to America, they brought the beugel with them. The first beugel bakeries were founded in New York City in the 1920s. Later the name was Americanized and called a bagel. Bagels have been used to symbolize the continuous cycle of life—without beginning and without end.

## Availability

Bagels come fresh or frozen, in one shape, but with various sizes and flavors: plain, egg, sesame seed, poppy seed, garlic, whole wheat, cinnamon-raisin, rye, pumpernickel, onion, and blueberry, to name a few. Look for them fresh at a bakery or in the bakery, dairy or freezer section of the supermarket.

The traditional bagel will be shaped by hand and boiled in water before baking, giving them a tougher crust and chewy middle. The new method bakes them in a steam oven that produces a softer, lighter bagel. They may also have a smaller hole that allows for use as a sandwich.

## Storage

Bagels that are purchased fresh can be stored in a tightly sealed plastic bag in the bread box (not in the refrigerator); after the next day, cut them in half and freeze them in an airtight container. For refrigerated or frozen bagels, follow directions on the package.

You can revive a stale bagel by moisten it slightly with water and bake for 10 minutes at 350°F or by briefly microwaving (15 seconds).

## Nutritional value

One serving (one-half of a 2-ounce plain, commercial bagel) contains:

Calories	195
Protein	7 g
Carbohydrates	38 g
Dietary fiber	2 g
Sodium	379 mg
Fat	1 g
Cholesterol	0 mg
Folate	62 mcg
Iron	3 mg
Selenium	23 mcg



# Serving ideas

Bagels can be eaten fresh or lightly toasted. Use caution if heating in a microwave as bagels get tough easily.

For breakfast:

- ◆ Mix no-fat cream cheese and apple butter or strawberry jam and spread on a warm bagel.
- ◆ Jelly with or without peanut butter.
- ◆ Melt low-fat cheese over a bagel.
- ◆ Huevos Bagels: Place a poached egg on a bagel and top with salsa.

For lunch:

- ◆ Shrimp or crab salad on a toasted bagel, topped with melted mozzarella cheese.
- ◆ Use a bagel as a bun for your favorite sandwich.
- ◆ Spread a bagel half with mustard. Top with thinly sliced roast beef. Sprinkle with soy sauce and toasted sesame seeds.
- ◆ Layer with crushed pineapple topped with shredded Cheddar cheese. Broil until cheese melts.

For dinner:

- ◆ Toasted with garlic or herbed butter.
- ◆ Serve a variety of warmed bagels in a bread basket.

For snacks:

- ◆ Slice bagels very thin (an electric knife works great), arrange on a baking sheet, sprinkle with season salt and broil until toasted.
- ◆ Spread with pizza sauce and mozzarella cheese, warm and cut into bite-sized pieces.
- ◆ Lox and bagels—spread with no-fat cream cheese and add slices of smoked salmon.
- ◆ Make a raisin, prune or date butter and serve on warm bagels.
- ◆ Spread with Fresh Veggie Spread (recipe provided).



# Recipes

## Fresh Veggie Spread

- 8 ounces no-fat cream cheese softened
- 1/3 cup fat-free mayonnaise
- 1 teaspoon chopped onion
- 1 teaspoon green pepper
- 1/3 cup chopped broccoli
- 1/3 cup chopped carrot
- 1 teaspoon dried dill weed
- 1/4-1/2 teaspoon Worcestershire sauce, optional

Mix together cream cheese and mayonnaise; add onion, green pepper, broccoli, carrots, dill weed and Worcestershire sauce. Refrigerate. Makes 13, 1-ounce servings.

**Nutrient Analysis:** One serving provides approximately: 23 calories, 3 g protein, 2 g carbohydrates, 0 g dietary fiber, 0 fat, 1 mg cholesterol, 9 mcg folate, 0 mg iron, 46 mg potassium and 142 mg sodium.

## Dried Beef Spread

- 8 ounces no-fat cream cheese, softened
- 1 cup low-fat sour cream
- 2 tablespoons minced onion
- 1 tablespoon chopped green pepper
- 1 jar - 2 1/2 ounce dried beef, chopped

Mix cream cheese and sour cream; add onion, green pepper and dried beef. Bake at 350° for 15 minutes. Cool completely; refrigerate. Makes 20, 1-ounce servings.

**Nutrient Analysis:** One serving provides approximately: 32 calories, 3 g protein, 3 g carbohydrates, 0 g dietary fiber, 1 g fat (1 g saturated fat), 6 mg cholesterol, 5 mcg folate, 0 mg iron, 38 mg calcium, 42 mg potassium and 197 mg sodium.

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