Dinner Tonight!

Spicy Bagel Bites

1/4 teaspoon grated Parmesan cheese
1/2 teaspoon chili powder
1/8 teaspoon dried oregano
1/8 teaspoon ground cumin
1/4 teaspoon garlic powder
1/4 teaspoon onion powder
salt and pepper to taste
2 plain bagels, thinly sliced

Preheat oven to 400 degrees F (200 degrees C). In a small bowl, mix the Parmesan cheese, chili powder, oregano, cumin, garlic powder, onion powder, salt and pepper. Place the bagel slices on a medium cookie sheet and sprinkle with the seasoning mixture. Bake in the preheated oven 5 minutes, or until slightly crisp and lightly browned.

Preparation time: 10 minutes
Cook time: 5 minutes
Servings 10

Nutrition Facts per Serving:
Calories: 50
Total Fat: 0.3 g
Cholesterol: < 1 mg
Sodium: 97 mg
Total Carbohydrate: 9.7 g
Dietary Fiber: 0.5 g
Protein: 1.9 g