

# Bagel Chips

Hands-on - 20 min. Oven - 12 min.

Serves 8

Looking for a snack that's a hit? These are absolutely terrific served with any dip, but especially, *Herbed Salmon Spread* (page 33), *Holiday Crab Dip* (page 35) or *Benito Bean Dip* (page 27). Also makes a delicious "road trip" munchie all by itself.

**Position oven racks to accommodate  
2 baking sheets at a time in center of oven.  
Preheat oven to 350°.**

**4 (3 oz each) whole-wheat bagels, onion,  
plain or garlic (preferably unsliced)**

Using a sharp serrated knife, slice each bagel vertically (from top to bottom) into 8 very thin slices. Arrange in single layer on 2 ungreased nonstick baking sheets.

**Nonstick cooking spray or  
*I Can't Believe It's Not Butter®* spray**

Lightly spray bagel slices.

**1 tsp oregano  
dash garlic powder**

Sprinkle on bagel slices.

Bake until crisp, about 12 minutes.

Let cool and enjoy! Store in an airtight container for up to 1 week.

## Nutrition information for approximately 4 Bagel Chips

Calories	85	Fat	1 g	Fiber	3 g	Sodium	100 mg	Total Carbohydrate	18 g
Calories from Fat	11%	Saturated Fat	0 g	Cholesterol	0 mg	Protein	4 g	Sugars	3 g