



Bagels with Tomato Lox

By Chef Veera Gaul, Ph.D.



Ingredients

(* indicates my preferred ingredients – see notes for alternatives)

6 large Roma tomatoes
3 tablespoons tamari/soy sauce /coconut aminos
2 teaspoons O&V **Smoked EVOO** *
1 teaspoon water
1 teaspoon kelp powder *
Vegan (or non-vegan) cream cheese to spread
Toppings of Chives, capers, radishes, red onion, black sesame seeds,

Preparation

Bring a saucepan of water to a boil. Pierce the skins of the Roma tomatoes with a paring knife and drop them into the water for 30-60 seconds. Remove from boiling water and place in a bowl of ice water to stop the cooking.

Peel the skins off the tomatoes, cut in quarters, remove seeds and place tomato pieces in a bowl.

In a separate bowl, combine the tamari, smoky EVOO, water and kelp powder in a small bowl until well combined. Drizzle over the tomato quarters, mix well so all pieces are well coated. Cover and marinate in the refrigerator for 30-60 minutes.

Toast bagels, spread with cream cheese and top with a layer of tomato lox. Garnish with capers, thinly sliced radishes, red onion, chives and black sesame seeds

Serves 6

Active time 10 minutes Total Time:40 minutes

Notes

* The **Smoked EVOO** adds phenomenal smokiness to this tomato “lox”. The [Smoky Garlic Grape seed oil](#) is another good option although it lends a garlicky flavor that most people don’t necessarily associate with lox.

* Kelp powder is easily available in many Asian stores or online, you can also just crush up a dried kombu sheet (also available at most grocery stores with Asian products).

Highlighted products are available at [Oil & Vinegar stores](#).

Categories: Breakfast and Brunch, Dairy Free, Smoked EVOO, Smoky Garlic Oil, Kelp Powder, Tomatoes, Vegetarian Lox, Bagels and Lox, Cream Cheese, Vegan, Vegetarian Breakfast, Tamari, Soy Sauce, Capers, Radish