

Tomato & Ricotta Toast

Ingredients:

- 1 cup ricotta cheese
- 2 Tbsp. chopped green onion or scallions
- 3/4 tsp. sodium-free Italian seasoning
- 1/8 tsp. ground black pepper
- 4 slices whole-grain or whole wheat bread
- 3 roma tomatoes, thickly sliced



Tip: Serving size 1 toast

Keep it Healthy: Compare labels for Italian seasoning, making sure to go with the one without any added sodium. Or, consider making your own using equal proportions of the following dried herbs: basil, oregano, thyme, rosemary, and garlic powder.

Cooking Tip: The same amount of chopped chives or red onion can be substituted for the scallions.

Tip: Prefer to turn this toast into a hot sandwich for lunch? Simply place toast on a foil-lined baking sheet and pop under the broiler until cheese is melty, about 1 to 2 minutes.

Directions:

1. In a small bowl, add ricotta cheese, chopped scallions, Italian seasoning, and black pepper. Use a spoon or spatula to combine.
2. Meanwhile, toast each bread slice and thickly slice each tomato. To assemble, spread each piece toast with $\frac{1}{4}$ cup ricotta mixture and top with tomato slices. Serve.

Nutrition Information: (per serving)

1 toast

- 130 calories
- 1 g Fat
- 16 g Carbohydrate
- 12 g Protein