

# Tomato and Ricotta Toast

## Ingredients

- 1 cup ricotta cheese
- 2 tablespoons chopped green onion
- 3/4 teaspoon sodium-free Italian seasoning
- 1/8 teaspoon ground black pepper
- 4 slices whole-grain or whole-wheat bread
- 2-3 medium tomatoes, thickly sliced



## Directions

1. In a small bowl, combine ricotta cheese, chopped green onions, Italian seasoning and black pepper.
2. Toast each bread slice and thickly slice each tomato.  
To assemble, spread each piece of toast with 1/4 cup ricotta mixture and top with tomato slices. Serve and enjoy!

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