

Recipe

WellWorks For You FEATURED RECIPE Ricotta-Tomato Toast

4 Servings | Egg Free, Sesame Free, Vegetarian

INGREDIENTS

- ¾ cup whole-milk ricotta cheese
- ½ cup coarsely chopped fresh basil, plus more for garnish
- ¼ cup chopped fresh chives, plus more for garnish
- 2 tablespoons extra-virgin olive oil plus 1 ½ teaspoons, divided.
- 1 teaspoon grated lemon zest
- 1 tablespoon lemon juice
- ½ teaspoon salt
- ¼ teaspoon pepper
- 4 (¾ -inch-thick) slices of crusty whole-grain bread, toasted
- 2 small multicolored heirloom tomatoes, sliced ¼ -inch thick



DIRECTIONS

1. Combine ricotta, basil, chives, 2 tablespoons oil, lemon zest, lemon juice, salt, and pepper in a food processor.
2. Process until smooth, about 1 minute.
3. Spread the mixture evenly over toast slices.
4. Top with tomatoes; drizzle with the remaining 1 ½ teaspoons oil.
5. Garnish with additional basil and chives before serving, if desired.

NUTRITION Per Serving: Calories: 259 Protein: 10g Carbohydrates: 19g Dietary Fiber: 4g Fat: 16g Saturated Fat: 5g Calcium: 151mg Magnesium: 45mg Potassium: 414mg Sodium: 444mg

Source: eatingwell.com/recipe/8054817/ricotta-tomato-toast/

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