



Caprese Ricotta Toast



Entire recipe: 126 calories, 3g total fat (1g sat. fat), 326mg sodium, 19g carbs, 3.5g fiber, 6g sugars, 7.5g protein

Prep: 5 minutes **Cook:** 5 minutes or less



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Ingredients

- 1 slice whole-grain bread with 60 - 80 calories per slice
- 3 tbsp. light/low-fat ricotta cheese
- 1/8 tsp. chopped garlic
- Dash Italian seasoning
- Dash each salt and black pepper
- 3 cherry tomatoes, halved
- 1 1/2 tsp. chopped fresh basil
- 1 tsp. balsamic vinegar

Directions

Toast bread.

Meanwhile, in a small bowl, combine ricotta, garlic, and seasonings. Mix well.

Spread toast with ricotta mixture. Top with tomatoes and basil, and drizzle with vinegar.

MAKES 1 SERVING

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