



## Ricotta and Tomato Toast

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*Recipe Source: [www.marthastewart.com](http://www.marthastewart.com)*

### Ingredients:

1 thick slice whole-wheat bread, lightly toasted  
¼ cup part-skim ricotta cheese  
½ small heirloom or beefsteak tomato, sliced  
Fresh basil leaves  
¼ tsp olive oil  
Coarse salt and ground pepper

### Steps:

- Spread bread with ricotta; top with tomato and basil. Drizzle with oil, and season with salt and pepper.

*Tips from the Test Kitchen: Low-fat cottage cheese will work here as well although it will be a bit heavier and more wet.*

**Nutritional Facts (per serving):** Calories: 195, Carbohydrates: 17 grams, Protein: 11 grams, Total Fat: 9 grams, Saturated Fat: 4 grams, Cholesterol: 19 mg, Sodium: 482 mg, Fiber: 2 grams, Total Sugars: 3 grams