



Tawil Physical Therapy
& Sports Performance



Tomato & Ricotta Toast

Recipe courtesy of The American Heart Association



Servings: 4

Serving Size: 1 toast

Ingredients

- 1 cup fat-free ricotta cheese
- 2 Tbs. chopped green onion, chives, or red onion
- $\frac{3}{4}$ tsp. dried Italian seasoning, crumbled
- $\frac{1}{8}$ tsp. pepper, freshly ground preferred
- 4 slices whole-grain or whole-wheat bread (lowest sodium available), toasted
- 2-3 medium tomatoes, thickly sliced

Nutrition Facts | 127 Calories Per Serving

Total Fat	1.0 g
Saturated Fat	0.0 g
Trans Fat	0.0 g
Polyunsaturated Fat	0.0 g
Monounsaturated Fat	0.5 g
Cholesterol	5 mg
Sodium	236 mg
Total Carbohydrate	16 g
Dietary Fiber3 g
Sugars5 g
Added Sugars	0 g
Protein	12 g

Dietary Exchanges

1 lean meat, 1 starch

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Directions

- 1 In a small bowl, using a spoon or spatula, stir together the ricotta cheese, green onions, Italian seasoning, and pepper.
- 2 Spread 1/4 cup of the ricotta mixture over each slice of toast. Top with the tomato slices.

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