

# Spider Demo Kitchen



## Herb Tomato Ricotta Toast

yield: 6 servings (2-3 wedges per person)

### Ingredients:

1 cup	Fat free ricotta cheese
2 TBSP	Green onions, chopped
1 TBSP	Fresh parsley, chopped
1/4 tsp	Fresh thyme
1/8 tsp	Ground black pepper
1/2 tsp	Kosher salt
2 each	Roma tomatoes, sliced 1/2 inch thick
2 TSBP	Olive oil
4 slices	Whole grain bread

### Instructions:

1. Preheat oven to 250°F. (turn on convection setting if available)
2. In a small mixing bowl, add cheese, green onions, herbs, salt & pepper. Stir to combine, set aside.
3. In another bowl, add sliced tomatoes, olive oil, and a pinch of salt and pepper. Mix gently to coat tomatoes with olive oil.
4. Line a sheet tray with parchment and lay out tomatoes in a single layer on the tray. Bake for 1-1.5 hours or until dehydrated. Set aside to cool.
5. Cut bread into wedges, and lightly toast in oven for about 5 minutes. Remove from oven to assemble toast.
6. Spread ricotta filling on top of toast, top with tomatoes, and drizzle olive oil.

**Bonus:** drizzle balsamic on top for extra flavor!

**Nutritional Information:** Calories 148, Total Fat 5g, Saturated fat 1g, Sodium 363mg, Total Carbohydrates 17g, Dietary Fiber 3g, Sugar 6g, Protein 8g V