

# Tomato and Cheese Toast

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*A delicious snack or a side for a green salad or a cup of chicken soup.*



## **Ingredients:**

1 cup	Fat free ricotta or feta cheese
2 tbsps	Chopped green onions, chives or red onion
$\frac{3}{4}$ tsp	Dried Italian seasoning
$\frac{1}{8}$ tsp	Freshly ground pepper
4 slices	Whole grain or whole wheat grain or sourdough bread, toasted
2-3	Tomatoes medium size, thickly sliced

## **Directions:**

1. In a small bowl, using a spoon or spatula, stir together the cheese, green onions, Italian seasoning, and pepper.
2. Spread  $\frac{1}{4}$  cup of ricotta mixture over each slice of toasted bread. Top with the tomato slices.