



Mushroom Ricotta Toast



Entire recipe: 168 calories, 6g total fat (2.5g sat. fat), 537mg sodium, 20g carbs, 4g fiber, 6g sugars, 11g protein

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Prep: 5 minutes **Cook:** 5 minutes



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Ingredients

1/4 cup light/low-fat ricotta cheese
1/4 tsp. garlic powder, divided
2 dashes truffle salt, divided (or regular salt)
1 slice whole grain bread with 60–80 calories per slice
1 cup thinly sliced brown mushrooms
1/4 tsp. ground thyme
1 1/2 tsp. light butter
1/2 tsp. lemon juice
Optional topping: lemon zest

Directions

In a small bowl, combine ricotta with 1/8 tsp. garlic powder and 1 dash salt. Stir until uniform.

Toast bread.

Meanwhile, bring a skillet sprayed with nonstick spray to medium-high heat. Add mushrooms, thyme, remaining 1/8 tsp. garlic powder, and remaining 1 dash salt. Cook and stir until mostly softened and browned, about 3 minutes.

Reduce heat to medium-low. Add butter and lemon juice. Cook until butter has melted, about 1 minute.

Spread ricotta mixture over the toast.

Top with mushrooms.

MAKES 1 SERVING

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