



## 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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