

Farm Market Recipe



Pistachio & Peach Toast

Ingredients:

- 1 tablespoon part-skim ricotta cheese
- 1 teaspoon honey, divided
- $\frac{1}{8}$ teaspoon cinnamon
- 1 slice 100% whole-wheat bread, toasted
- $\frac{1}{2}$ medium peach, sliced
- 1 tablespoon chopped pistachios

Directions:

1. Combine ricotta, $\frac{1}{2}$ teaspoon honey and cinnamon in a small bowl.
2. Spread the ricotta mixture on toast and top with peach and pistachios. Drizzle with the remaining $\frac{1}{2}$ teaspoon honey.

Nutrition Facts:

Serving: 1 Serving Size: 1 toast

Per Serving: calories 193; protein 8g; carbohydrates 29g; dietary fiber 4g; sugars 14g; added sugars 6g; total fat 6g; saturated fat 1g; cholesterol 5mg; vitamin A 326IU; vitamin C 5mg; folate 22mcg; sodium 157mg; calcium 91mg; iron 1mg; magnesium 43mg; potassium 326mg.

Recipe from eatingwell.com