

Roasted Vegetable Toast



Ingredients:

- 1 cup ricotta cheese
- 8 slices wheat bread, toasted
- 1 bell pepper, diced (use orange, red or yellow for a colorful toast)
- 1 zucchini, sliced into bite-sized pieces
- 1 pint cherry tomatoes
- 1/2 purple or red onion, diced
- 2-3 cloves of garlic, finely chopped
- 3 tablespoons olive oil
- 4 tablespoons grated Parmesan cheese (optional)
- 2 tablespoons fresh thyme, chopped, or 1 tablespoon dried
- Pepper to taste

Directions:

1. Preheat your oven to 375 F.
2. Place the vegetables in a bowl and combine. Coat the vegetables with olive oil.
3. Spread vegetables onto a baking sheet, in a single layer.
4. Roast in the oven for 25-30 minutes, flipping half-way through. Remove from oven when vegetables are golden and tender.
5. Combine the ricotta, thyme and pepper in a small bowl.
6. Spread 1/8 of the cheese mixture onto each slice of toast, and top with the roasted vegetables.
7. Sprinkle with grated Parmesan before serving.

Makes 4 servings.



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