

Pear and Ricotta Toast



Ingredients:

- 1/3 cup ricotta
- 1/2 teaspoon finely grated orange zest
- 1/2 teaspoon cinnamon
- 2 teaspoons honey, plus more for drizzling
- 2 slices multigrain bread, toasted
- 1 medium Bartlett pear, thinly sliced
- 3 tablespoons unsalted, roasted walnuts

Directions:

1. In a small bowl, combine ricotta, orange zest, cinnamon, and 2 tsp. honey.
2. Dividing evenly, spread ricotta mixture onto toast.
3. Top with pear, drizzle with honey, and sprinkle with walnuts..

Makes 2 servings.



Tarrant County Public Health

<http://health.tarrantcounty.com>