



ROASTED STRAWBERRY WHIPPED RICOTTA TOAST

February 27

National Toast Day

INGREDIENTS

- 1 Pound Fresh Strawberries
- 1 Tablespoon Olive Oil
- 1 Tablespoon Balsamic Vinegar
- 1 Cup Fresh Ricotta Cheese
- 2 Tablespoons Honey
- 10 Slices Bread (whole grain-rich or enriched) at least 28 grams each

DIRECTIONS

1. Preheat oven to 400°F.
2. Wash your fresh strawberries under cold water thoroughly. After rinsing them off, remove their green tops using a paring knife or kitchen scissors before slicing them in half or quarters depending on their size. Toss strawberries with olive oil and balsamic vinegar
3. Spread them out on a baking sheet lined with parchment paper in a single layer for even roasting. Place them in your preheated oven and roast for 15-20 minutes until they become soft and start caramelizing around the edges.
4. In another mixing bowl (or use a stand mixer if preferred), combine ricotta and honey until fluffy, should take about 2-3 minutes.
5. Toast bread slices until golden.
6. Spread whipped ricotta on the toast and top with roasted strawberries.
7. Drizzle with additional honey if desired.

MEAL PATTERN CONTRIBUTION

-  Grain
-  Fruit

MEAL TYPE

 Breakfast

YIELD

10 Slices of Toast +
3 Cups Strawberries

PORTION SIZES

Toddler	Preschool	School Age	Adult
½ Slice Toast + ¼ Cup Berries	½ Slice Toast + ½ Cup Berries	1 Slice Toast + ½ Cup Berries	2 Slices Toast + ½ Cup Berries