

Roasted Veggie Riccotta Toast

THE JAMES
Mobile
Education
Kitchen

Diabetes Friendly

Items Needed: knife, cutting board, baking sheet, spoon

Serves: 2

Ingredients:

- 2-3 cups of mixed veggies: we are using broccoli, peppers, onions, zucchini and tomato.
- 1 tsp olive oil
- 4 tbsp part skim ricotta cheese
- Other optional toppings: White beans, eggs, shredded chicken, balsamic glaze, red pepper flakes.

Directions:

1. Preheat your oven to 425 degrees.
2. On a cutting board, chop your veggies into a large dice.
3. Toss in oil, salt and pepper and lay out on a baking sheet, roast for approximately 20 minutes.
4. Remove from oven and toast your bread, smear with ricotta cheese, top with veggies and any other desired toppings from the optional area.

Nutrition Information: Will depend on bread nutritionals and other toppings.

<https://wexnermedical.osu.edu/nutrition-services>

<https://wexnermedical.osu.edu/diabetes-endocrinology/diabetes-education>

