Breakfast, European

Crisp Radish Toasts with Chive Ricotta

Golden slices of toasted rye bread are spread with a smooth whipped ricotta flecked with chives, then layered with thin, crisp radish rounds.

10 min	140	21 g	1 g
time	calories	carbs	sugars



Vegetarian | Nut free

Ingredients, 4 servings

- [ ] 4 slice rye bread
- [ ] 2 whole radishes (tops removed)
- [ ] 1/2 bunch fresh chives
- [ ] 8 oz ricotta cheese (reduced fat)

Method

- [ ] **1** Toast the slices of rye bread in a toaster or under the broiler.
- [ ] **2** Reserve a little of the fresh chives for garnish, then blend the rest with the ricotta cheese in a blender or food processor until smooth and set aside.
- [ ] **3** Slice the radishes into thin 1/8 inch rounds, using a mandolin if you have one.
- [ ] **4** Spread the chive ricotta mixture in an even layer across the 4 slices of toasted rye bread.
- [ ] **5** Arrange the radish rounds over the topping and scatter the reserved fresh chives on top.

Nutrition Facts

Per serving

Calories	**140**
Total fat	3 g
Saturated fat	1 g
Sodium	250 mg
Total carbs	21 g
Fiber	0 g
Total sugars	1 g
Protein	6 g

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