

Herb-Ricotta Smashed-Pea Toast

Category: Snack / Light Lunch

Prep Time: 5 minutes

Cook Time: 5 minutes

Total Time: 10 minutes

Servings: 1–2 slices

Ingredients

- 2 slices whole-grain or sourdough bread, toasted
- ½ cup (125 g) ricotta cheese
- ½ cup (70 g) frozen peas, cooked and lightly mashed
- 1 tsp fresh lemon juice
- 1 tsp olive oil
- Salt and pepper to taste
- Optional: chopped fresh herbs (mint, basil, or parsley)

Instructions

1. Toast the bread slices until golden and crisp.
2. In a small bowl, mix **ricotta**, **mashed peas**, **lemon juice**, and **olive oil** until creamy.
3. Season with **salt**, **pepper**, and fresh herbs if using.
4. Spread the mixture generously on each slice of toast.
5. Serve immediately as a light snack or alongside your favorite soup.

Nutrition (per serving)

- **Calories:** 210 kcal
- **Protein:** 12 g
- **Carbohydrates:** 25 g
- **Fiber:** 5 g
- **Fat:** 8 g
- **Calcium:** 220 mg
- **Sugar:** 4 g

Health Benefits

- **Protein-Rich:** Ricotta and peas provide a high-quality protein boost.
- **Gut-Friendly Fiber:** Peas and whole-grain bread aid digestion and satiety.
- **Antioxidants & Vitamins:** Fresh herbs and peas support immune function and overall wellness.
- **Bone Strength:** Ricotta provides calcium and phosphorus for healthy bones.

Pro Tips

- Use **fresh or frozen peas** — just cook until bright green and tender.
- Add **crushed red pepper** for a mild kick.
- Spread ricotta-pea mix while toast is still warm for the best texture.
- Garnish with **microgreens** for extra freshness and presentation.
- Pair with a light **vegetable soup** for a balanced meal.