

APPLES AND ARUGULA WITH
Pumpkin & Ricotta
ON TOAST



PORTION: 1 slice
SERVES: 4

SUPERFOOD

INGREDIENTS

1 cup Canned Pumpkin	1/2 tsp Ground Black Pepper
1/4 cup Ricotta Cheese, Part Skim	1 Tbsp, 1 tsp Fresh Orange Juice
1 Tbsp Ground Cumin	1/4 cup Green Onions, Thinly Sliced
2 tsp Lemon Juice	4 slices Sourdough Bread, Sliced
1 cup Arugula Lettuce Leaf	1/2 cup Fresh Peeled Apples, Sliced
1 Tbsp, 1 tsp Extra Virgin Olive Oil	

METHOD

1. Mix the pumpkin, ricotta, cumin, lemon juice and pepper together well. Set aside.
2. In a bowl toss the Arugula with the orange juice and the apple slices. Set aside.
Use artisanal sourdough loaves, sliced about 1/2 inch thick. Brush both sides with olive oil and grill on a hot grill, griddle or Panini press until toasted.
3. Spread the pumpkin mixture over the toast and top with the Arugula-Apple mix.
Garnish with sliced green onions.

NUTRITION FACTS

CALORIES	TOTAL FAT	SAT FAT	TOTAL CARB	PROTEIN	DIETARY FIBER	SODIUM
180	7g	1.5g	25g	6g	3g	190mg