



Owensboro Health
Healthpark

Mediterranean Ricotta Bombs

Ingredients

- 1 cup ricotta cheese
- 2 eggs
- 2 sundried tomatoes in oil
(or 4 cherry tomatoes)
- 2 teaspoons capers
- 2 tablespoons olives
- Salt and pepper to taste

Directions

1. Preheat oven to 375 degrees.
2. Slice the sundried or cherry tomatoes into small pieces and place in mixing bowl.
3. Do the same with the olives.
4. Add the ricotta, eggs, capers, spring onion and salt and pepper. Beat well with a fork.
5. Spray muffin tins with cooking spray. Pour an equal measure of the mix into each of the 6 muffin tins.
6. Place tray in the middle of the oven and cook for 18-20 minutes until the top of each ricotta bomb has begun to brown.

NUTRITIONAL INFORMATION: (Amount per serving) Serves: 6, Calories: 101, Fat: 7.5g, Carbohydrates: 2g, Sodium: 211mg, Protein: 7g, Potassium: 95mg, Fiber: .2g.