



Fresh Veggie Pizza

Yield: 4 Servings

Serving Size: 2 wedges



Ingredients:

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| 1 package crescent rolls, low-fat | 1/2 cup broccoli, chopped |
| 4 ounces cream cheese, non-fat | 1/2 cup cauliflower, chopped |
| 1/4 cup mayonnaise, non-fat | 1/4 cup green pepper, finely chopped |
| 1/2 cup sour cream, non-fat | 1/2 cup carrot, finely chopped |
| 1/2 teaspoon dried basil (or thyme) | 1/3 cup shredded cheese, low-fat |

Directions:

1. Heat oven to 350° F.
2. Unroll the crescent rolls and place them on a cookie sheet to bake. Bake for 10 minutes.
3. Mix together the cream cheese, mayonnaise, sour cream and basil; mix until smooth.
4. Spread mixture on the cooled crescent rolls.
5. Sprinkle the chopped vegetables and shredded cheddar cheese on top of the cream cheese mixture.
6. Serve immediately. Refrigerate leftovers within 2-3 hours.

Tip: Trying substituting whole wheat flour tortillas for crescent rolls.

Tip: Use vegetables that are in season and lower in cost.

Nutrition Facts: Calories, 300; Calories from fat, 100; Total fat, 11g; Saturated fat, 3g; Trans fat 0g; Cholesterol, 10mg; Sodium, 840mg; Total Carbohydrate, 36g; Fiber, 2g; Protein, 13 g; Vit. A, 70%; Vit. C, 40%; Calcium, 15%; Iron, 10%.

Source: Oregon State University Extension Service, www.foodhero.org



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