

Fresh Veggie Pizza

This recipe contains more than one type of vegetable, rich in different nutrients. Try many colors and kinds.

Ingredients:

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

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 promptly.

Nutrition Facts

Serving Size 2 wedges (190g)
Servings Per Container 4

Amount Per Serving	
Calories 300	Calories from Fat 100
% Daily Value*	
Total Fat 11g	17%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 840mg	35%
Total Carbohydrate 36g	12%
Dietary Fiber 2g	8%
Sugars 11g	

Protein 13g

Vitamin A 70% • Vitamin C 40%
Calcium 15% • Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

4 servings, two wedges each

Tips: Trying substituting whole wheat flour tortillas for crescent rolls. Use vegetables that are in season and lower in cost.

Bright Ideas:

Source: Oregon State University Extension Service. For more recipes and other resources on eating well for less, see our web site at <http://www.healthyrecipes.oregonstate.edu>