



Cool Veggie Pizza

Prep Time: 10-12 minutes

Cook Time: 20 minutes

Cost per serving: \$0.59

What you need:

Utensils:

- Cookie sheet
- Mixing bowl
- Measuring cups & spoons
- Rubber spatula or spoon
- Knife
- Cutting board

Ingredients:

- 1 8-ounce can refrigerated reduced fat crescent rolls
- ½ 8-ounce package fat free cream cheese, softened
- ½ package dry ranch dressing mix
- 1 tablespoon fat free milk
- 1 teaspoon garlic powder
- 1 teaspoon black pepper
- 1 cup shredded carrots
- 1 cup chopped green bell pepper
- 1 cup quartered zucchini slices

What to do:

1. Wash your hands and clean your cooking area.
2. Preheat oven to 375°F.
3. Unroll the crescent rolls onto an ungreased cookie sheet.
4. Pinch together the holes and press the dough out to fill the pan.
5. Bake the crust for 10-12 minutes until golden and let crust cool completely.
6. In a bowl, combine cream cheese, ranch dressing mix, milk, garlic powder, and pepper; mix well.
7. Cover bowl and chill for 10-15 minutes.
8. Wash and slice vegetables.
9. Using a rubber spatula spread the cream cheese mixture over the cooled crust.
10. Arrange the vegetables over the pizza.
11. Cut into eight pieces and serve immediately.



**BETTER LIVING
FOR TEXANS**

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Nutrition Facts

Serving Size 1 piece (when pizza is cut into 8 pieces)
Servings Per Container 8

Amount Per Serving	
Calories 140	Calories from Fat 45
% Daily Value*	
Total Fat 5g	8%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 450mg	19%
Total Carbohydrate 17g	6%
Dietary Fiber 1g	4%
Sugars 4g	
Protein 5g	
Vitamin A 50%	Vitamin C 30%
Calcium 8%	Iron 6%