

APPETIZER PIZZA

Lower Saturated Fat, Lower Sodium, Vegetarian

Serves: 8 (Serving Size = 1 Slice)

Nutrition (per serving)

Calories: 174

Total Fat: 6 g

Saturated Fat: 3 g

Sodium: 275 mg

Total Carbohydrate: 23 g

Dietary Fiber: 2 g

Total Sugars: 2 g

Protein: 8 g

Ingredients

- 1 – 12 inch whole wheat pizza crust, thin
- 4 ounces low-fat cream cheese, softened
- ½ cup non-fat, plain Greek yogurt
- ½ teaspoon dried dill
- ¼ teaspoon onion powder

- ¼ cup sliced cucumber
- 1/3 cup diced bell pepper
- ½ cup chopped broccoli
- ½ cup shredded cheddar cheese



Directions

1. Bake pizza crust according to package directions.
2. In a medium bowl, mix cream cheese, yogurt, dill, and onion powder until well combined.
3. When pizza is cool, evenly spread cream cheese mixture on top of crust.
4. Top pizza with cucumber, peppers, broccoli and cheese.
5. Keep refrigerated until ready to serve.

**Note, can use cream cheese mixture as vegetable dip as well.*