

Fresh Veggie Pizza

Made to order just the way you like it!

1 pizza

Ingredients:

- 1/4 cup low fat sour cream
- 2 teaspoons dry ranch dressing mix
- 1 (7-inch) prebaked pizza crust
- 2 tablespoons shredded cheddar cheese
- 1/4 cup diced broccoli
- 1/4 cup diced cauliflower
- 1/4 cup diced carrots
- 1/4 cup diced green or red pepper
- diced zucchini, black olives, tomatoes, optional

Directions:

1. In a small mixing bowl, combine sour cream and ranch dressing mix and spread mixture on pizza crust.
2. Top with shredded cheese and diced vegetables.

Nutrition Facts: One pizza provides 280 calories, 7g total fat, 15mg cholesterol, 800mg sodium, 43g total carbohydrate

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP) through a contract awarded by the Kansas Department for Children and Families. USDA is an equal opportunity employer and provider. SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more call 1-800-221-5689.

K-State Research and Extension
Family Nutrition Program

Kids a Cookin'

www.kidsacookin.ksu.edu

Chef's Choice
Fresh Veggie Pizza
Low Fat Milk

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