Fresh Veggie Pizza

Made to order just the way you like it!

Level: Easy

Makes: 1 pizza

Ingredients:

- ¼ cup low fat sour cream
- 2 teaspoons dry ranch dressing mix
- 1 (7-inch) prebaked pizza crust
- 2 tablespoons shredded cheddar cheese
- ¼ cup diced broccoli
- ¼ cup diced cauliflower
- ¼ cup diced carrots
- ¼ 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.

Helpful Hints: You can buy prebaked pizza crusts in the grocery store or you can make one from a favorite recipe. Try using other crusts, such as whole-wheat tortillas, pita bread, English muffins or bagels. Let kids choose the veggies they like for toppings but encourage variety. Let them finely chop the veggies to stack on the crust. Kids will often try veggies fresh that they do not like cooked.

Buy vegetables in season, you will save money at the store and will find different ways to serve them.

Safety Tip: Remember to wash all vegetables just before dicing. Use fresh, running water and wash just the amount you plan to use. Let older kids dice the veggies, using a paring knife and cutting board. If they are too young to dice, let them measure ingredients and decorate the pizzas.

Nutrition Facts

Serving Size 1 pizza (165g)
Servings Per Container 2

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories 285</th>
<th>% Daily Value</th>
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<tbody>
<tr>
<td>Total Fat 7g</td>
<td>11%</td>
<td>Total Carbohydrate 43g</td>
</tr>
<tr>
<td>Saturated Fat 3g</td>
<td>15%</td>
<td>Dietary Fiber 2g</td>
</tr>
<tr>
<td>Cholesterol 15mg</td>
<td>6%</td>
<td>Sugars 9g</td>
</tr>
<tr>
<td>Sodium 300mg</td>
<td>13%</td>
<td>Protein 10g</td>
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For more information about this recipe and other fun recipes: contact your county extension office in Kansas, visit the website at www.kidsacookin.ksu.edu, or e-mail kidsacookin@ksu.edu.

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.