

Eat Well Recipe

Easy Veggie Pizza

Ingredients:

- 2 (8 ounce) cans reduced-fat refrigerated crescent dinner rolls
- 1(8 ounce) package reduced- fat cream cheese
- ½ cup light sour cream
- 1 tsp. dried dill weed
- 1/8 tsp. garlic powder
- Top with your favorite vegetables (broccoli, cauliflower, carrots, tomato, cucumber, peppers, green onions)

Unroll both cans of dough on an ungreased cookie sheet; separate dough into 4 long rectangles. Bake at 375 for 13-15 minutes. Cool completely. In a small bowl, mix cream cheese, sour cream, dill weed and garlic powder until smooth. Spread over crust. Chop up your favorite fresh vegetables, and top your veggie pizza.

This recipe is provided by SHS Wellness Programs.

All of our recipes can be found online at www.uvu.edu/wellnessed

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