

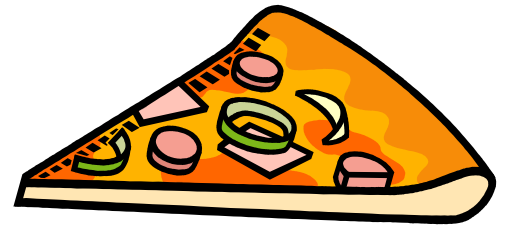
# Garden Veggie Pizza Squares

**Prep time:** 5 minutes

**Cook time:** 15 minutes

**Ready in:** 1 hour 30 minutes

**Serving Size:** 24 servings



**Ingredients:** (All veggies can be your choice)

- 1 pkg. refrigerated crescent rolls (8oz)
- 1 pkg. cream cheese, softened (8oz)
- 1 pkg. ranch-style dressing mix
- 2 carrots, finely chopped
- ½ cup chopped red bell peppers
- ½ cup chopped green bell pepper
- ½ cup fresh broccoli, chopped
- ½ cup chopped green onions

## **Directions:**

1. Preheat oven to 375<sup>o</sup> F (190<sup>o</sup> C).
2. Roll out crescent rolls onto a large non-stick baking sheet. Stretch and flatten to form a single rectangular shape on the baking sheet.
3. Bake 11-13 minutes in the preheated oven, or until golden brown. Allow to cool.
4. Place the cream cheese in a medium bowl. Mix the cream cheese with ½ envelope of ranch dressing mix (adjust dressing mix to taste). Spread the mixture over the cooled crust.
5. Arrange carrots, red bell pepper, broccoli, green pepper, and green onions (or your choice of veggies) on top.
6. Chill in the refrigerator for approximately 1 hour. Cut into bite-size squares to serve.

**\*\*Tip:** Vegetables provide nutrients vital for health and maintenance of your body. They may help reduce risk for heart disease, heart attack, stroke, and may protect against certain types of cancers. Veggies rich in fiber may help reduce the risk of obesity and type 2 diabetes. They are also important sources of potassium, folate, vitamin A and vitamin C.

## **Nutrition Facts (per serving):**

Calories: 40

Carbohydrate: 3g

Fat: 3g

Fiber: 0g

Cholesterol: 8mg

Sugar: 1g

Sodium: 17mg

Protein: 1g

Attributed from Meghan Brand at allrecipes.com; Modified by Emily Madden; 2013 Dietetic Student

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