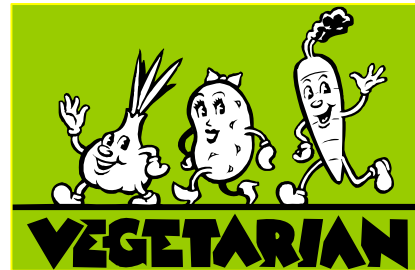


Veggie Pita Pizza Snack

2 servings

Estimated cost per serving: \$ 1.30

- 2 Tbsp light cream cheese, softened
- 1 $\frac{1}{2}$ Tbsp light Miracle Whip or light mayo
- $\frac{1}{4}$ tsp garlic powder
- $\frac{1}{4}$ tsp dill weed (optional)
- 6 raw broccoli florets, cut into bite-sized pieces
- 2 medium carrots or 12 baby carrots, diced
- 2 green onions (scallions), chopped finely
- 2 whole-wheat pita flat bread rounds (such as Quality Kangaroo or Kunto brands from Wal-Mart)



1. Mix light cream cheese, light miracle whip, garlic powder (and dill weed if desired)
2. Cut up vegetables into bite sized pieces (if you haven't already)
3. Warm up each pita for 20 seconds in the microwave
4. Spread $\frac{1}{2}$ of the cream cheese mixture on each pita
5. Place $\frac{1}{2}$ the vegetables on each pita; slightly push down so the veggies stick

****** Leftover broccoli? Dip it into "light" ranch dressing for a snack, or toss it into your salad, stir-fry, or pasta dish for lunch or dinner.

Nutrition information, per serving: 350 kcals, 10g total fat, 3g saturated fat, 52g carbohydrates, 8g dietary fiber, 13 protein, 550mg sodium.

Good source of dietary fiber, vitamins A and C, iron

Pyramid servings: 2 grain, 2 vegetable

Nutrition Note: Broccoli is part of the cruciferous family; cruciferous vegetables (especially broccoli & cauliflower) contain natural compounds that may reduce the risk of developing certain cancers. Broccoli is an excellent source of beta-carotene, vitamin C and the phytochemicals, sulforaphane and indoles. Carrots are also rich in beta-carotene - a powerful antioxidant and a precursor of Vitamin A. Vitamin A has several functions in the body; the most well known is its role in vision. But did you know that Vitamin A also is involved in the formation and maintenance of healthy skin, hair, and mucous membranes? It is also necessary for proper bone growth, tooth development, and reproduction.

Recipe provided by Keri Tonia, MSU Dietetics Student, 10/06.