



# Sausage & Hot Honey Pizza Dip



1/10 of recipe (about 1/4 cup): 117 calories, 7g total fat (4.5g sat. fat), 237mg sodium, 6.5g carbs, 0.5g fiber, 4g sugars, 7g protein

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**Prep:** 10 minutes    **Cook:** 20 minutes



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## Ingredients

- 1 cup whipped cream cheese
- 1 cup light/low-fat ricotta cheese
- 1/2 tsp. garlic powder
- 1/2 tsp. Italian seasoning
- 1 cup shredded part-skim mozzarella cheese, divided
- 1/2 cup marinara sauce with less than 70 calories per 1/2-cup serving
- 1 frozen meatless or turkey precooked sausage patty with 80 calories or less, thawed and finely chopped
- 1 tbsp. hot honey (like Mike’s Hot Honey)
- Serving suggestions: pita chips, whole-grain crackers, veggies

## Directions

Preheat oven to 375°F. Spray a 9-inch pie pan with nonstick spray.

In a large bowl, combine cream cheese, ricotta, and seasonings. Mix well.

Fold in 1/2 cup mozzarella. Mix until uniform.

Transfer mixture to the pie pan, and smooth out the top. Top with sauce, remaining 1/2 cup mozzarella, and chopped sausage.

Bake until hot and bubbly, about 20 minutes. Drizzle with honey.

MAKES 10 SERVINGS

**HG Heads Up:** Some meatless sausage contains gluten, so read labels carefully if that’s a concern.

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