



Veggie Supreme Pizza Dip



1/10 of recipe (about 1/4 cup): 111 calories, 7g total fat (4g sat. fat), 275mg sodium, 6g carbs, 0.5g fiber, 3.5g sugars, 7g protein

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Prep: 10 minutes **Cook:** 25 minutes



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Ingredients

3/4 cup sliced or chopped mushrooms
1/2 cup chopped onion
1/2 cup chopped green bell pepper
3/4 tsp. garlic powder, divided
1/8 tsp. salt
1 cup whipped cream cheese
1 cup light/low-fat ricotta cheese
1/2 tsp. Italian seasoning
1 cup shredded part-skim mozzarella cheese, divided
3/4 cup marinara sauce with less than 70 calories per 1/2-cup serving
Serving suggestions: pita chips, whole-grain crackers, veggies

Directions

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

Bring a large skillet sprayed with nonstick spray to medium-high heat. Add mushrooms, onion, pepper, 1/4 tsp. garlic powder, and salt. Cook and stir until hot and softened, about 5 minutes.

In a large bowl, combine cream cheese, ricotta, Italian seasoning, and remaining 1/2 tsp. garlic powder. Mix well. Fold in 1/2 cup mozzarella. Mix until uniform.

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

Bake until hot and bubbly, about 20 minutes.

MAKES 10 SERVINGS

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