

Veggie Pizza

2 cans crescent rolls
2 packages of low fat cream cheese
1 package of low fat, powdered
Hidden Valley Ranch Dressing mix
1/2 cup broccoli, chopped into small pieces
1/2 cup carrots, shredded
1/2 cup cauliflower, chopped into small pieces

Preheat oven to temperature required to bake rolls. On a large cookie sheet, spread out both cans of crescent rolls, pushing the seams together. Bake dough to "lesser" end of required time on package. In a medium bowl, mix cream cheese and ranch dressing mix. After crust is baked and cooled, spread cream cheeseranch dressing mixture over the entire crust. Cut into 1" squares. Arrange chopped/shredded vegetables on each slice.

Nutrition information per serving: 128 calories; 4 grams protein; 7 grams fat; 388 mg sodium