

THIS WEEK'S RECIPE

As seen on hdnews.net



Hot Pizza Dip

by: American Dairy Association

- 6 ounces light cream cheese
- 1/2 cup light sour cream
- 1 teaspoon oregano
- 1/2 cup pizza sauce
- 1 cup low-moisture, part-skim Mozzarella cheese, shredded
- 1/4 cup diced red pepper
- 1/4 cup sliced green onion
- 1/2 cup Parmesan cheese, grated
- whole wheat bread sticks or crackers

1. Combine cream cheese, sour cream and oregano in bowl; stir until smooth. Spread evenly into 9-inch pie plate or quiche pan. Top with pizza sauce, shredded cheese, peppers and onions.
 2. Bake at 350 degrees Fahrenheit for 10 minutes, or until cheese is melted. Serve with whole wheat breadsticks or crackers.
- Serving 4 Tablespoons



Nutrition Facts

Serving Size 4 Tablespoons

Amount Per Serving
Calories 110

Total Fat	6g
Saturated	Fat 4g
Cholesterol	20mg
Sodium	300mg
Total Carbohydrate 31g	10%

Location of Ingredients

(at Vine Street Dillon's)

ITEM	AISLE
Cream Cheese	Dairy
Sour Cream	Dairy
Oregano.....	11
Pizza Sauce.....	9
Mozzarella Cheese....	Dairy
Red Pepper	Produce
Green Onion	Produce
Parmesan Cheese.....	9
Bread Sticks Or Crackers	Bakery Or 4



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