



Hot Pizza Dip

3-A-Day™ of Dairy

Servings: 10

Prep Time: 10 minutes

Cook time: 15 minutes

Ingredients:

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

Preparation:

Combine cream cheese, sour cream and oregano in bowl. Stir until smooth. Spread evenly into a small pie plate or quiche pan. Top with pizza sauce, cheeses, peppers and onions. Bake at 350° F for 15 minutes, or until cheese is melted. Serve with whole-wheat breadsticks or crackers.

Nutritional Facts:

*Nutritional Facts Per Serving: Yield:
4 tablespoons per serving*

Calories:	110
Total Fat:	6g
Saturated Fat:	4g
Cholesterol:	20mg
Sodium:	300mg
Carbohydrates:	5g
Dietary Fiber:	Less than 1g
Protein:	7g (7 grams from dairy)
Calcium	25% Daily Value

Cost/recipe:

\$4.25

Cost/serving:

\$.42

**BANK
ON THE
BASICS**

www.dairymakesense.com

