

You've had it at countless parties and now it's time to make it yourself! Vegetable Pizza is a classic appetizer that combines a buttery crescent roll crust with cream cheese topping and crisp, fresh veggies. This version is healthier and tastier than the original!

INGREDIENTS:

For the Crust:

- 2 8-ounce cans crescent roll dough, or 1 Whole Wheat Pizza Dough

For the Cream Cheese Topping:

- 8 ounces reduced fat cream cheese Neufchatel or regular cream cheese, softened to room temperature
- 1 cup nonfat plain Greek yogurt or low-fat
- 1 ½ teaspoons garlic powder
- 1 teaspoon onion powder
- 1 teaspoon dried dill weed or 1 tablespoon chopped fresh dill
- ½ teaspoon kosher salt
- ⅛ teaspoon cayenne pepper

For the Veggies & to Finish:

- 1 cup finely chopped broccoli florets about ½ small head
- ¾ cup shredded sharp cheddar cheese divided
- 1 cup shredded carrots about 2 medium
- 1 red bell pepper diced (about 1 cup)
- ¼ cup thinly sliced green onions
- Freshly ground black pepper optional



INSTRUCTIONS:

1. Make the crust: Place a rack in the center of your oven and preheat to 375°F (for crescent rolls) or 425°F (for regular pizza dough). Line a large rimmed baking sheet with parchment paper.
2. If using crescent roll dough, unroll the tubes onto the parchment and line up the triangles so you form a single flat crust. Pinch the seams together. If using pizza dough, roll it out on a lightly floured work surface into an approximate 11×14-inch rectangle, working from the center outward. Gently transfer it to the baking sheet, then poke all over with the tines of a fork. (You can also roll the dough onto a sheet of parchment, then lift it with the paper onto the baking sheet.)
3. Bake until the crust is light golden brown, about 12 to 15 minutes (the time is the same for both crescent dough and pizza dough). Let cool for at least 30 minutes.
4. While the crust cools, make the cream cheese topping: In a medium bowl, stir together the cream cheese, Greek yogurt, garlic powder, onion powder, dillweed, salt, and cayenne (if the cream cheese is soft, you don't need a mixer).
5. To assemble, spread the cream cheese mixture over the crust like "sauce," leaving a thin border of crust all the way around. Sprinkle with the broccoli, lightly pressing it to adhere to the cream cheese. Add half of the cheese and the bell pepper, then lightly press again. Finish with the carrots, remaining cheese, and green onions. If desired, crack black pepper over the top.
6. Slice and enjoy immediately, or for best results, cover and chill for at least 1 hour or up to 8 hours. Slice and enjoy!

Like what you tried? Email us at KatieConklin@oshkoshymca.org

Recipe source <https://www.wellplated.com/veggie-pizza>

NUTRITION

SERVING: 1(of 6) CALORIES: 444kcal CARBOHYDRATES: 41g
PROTEIN: 13g FAT: 27g SATURATED FAT: 13g
POLYUNSATURATED FAT: 6g MONOUNSATURATED FAT: 5g
TRANS FAT: 0.002g CHOLESTEROL: 36mg POTASSIUM: 350mg
FIBER: 2g SUGAR: 13g VITAMIN A: 4856IU VITAMIN C: 48mg
CALCIUM: 217mg IRON: 2mg

Nutrition is provided as a courtesy and is an estimate. If this information is important to you, please have it verified independently.