



# Garden Veggie Pizza Squares

Makes 48 squares

## Ingredients

One 8-ounce package refrigerated crescent rolls  
One 8-ounce package cream cheese, softened  
One 1-ounce package ranch dressing mix  
2 carrots, finely chopped

½ cup chopped red bell pepper  
½ cup chopped green bell pepper  
½ cup chopped fresh broccoli  
½ cup chopped green onions

## Instructions

1. Preheat oven to 375 degrees.
2. Roll out crescent rolls on a large non-stick baking sheet.
3. Stretch and flatten to form a rectangular shape on sheet.
4. Bake 11 to 13 minutes, or until golden brown.
5. Allow to cool.
6. In medium-size mixing bowl, beat cream cheese until softened.
7. Mix in half to whole package of ranch dressing mix according to your taste.
8. Spread the cream cheese mixture over the cooled crust.
9. Arrange carrots, bell peppers, broccoli and green onions over the top of the crust.
10. Refrigerate for 1 hour.
11. Cut into bite-sized squares and serve.

## Nutrition Facts

Serving size: 2 squares; calories: 75; fat: 5g; saturated fat: 0; cholesterol: 15mg; sodium: 162mg; carbohydrates: 6g; dietary fiber: 1g; protein: 2g; sugar: 0

Recipe adapted from [www.healthdiscovery.net](http://www.healthdiscovery.net)

