



## 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](http://www.dairymakesense.com)

