VERY VEGGIE PIZZA

SERVES 2

Preparation time: 10 minutes
Cook time: 5 minutes

INGREDIENTS

1 whole-wheat English muffin
1 tablespoon low-fat cream cheese
⅛ cup broccoli, diced
⅛ cup carrots, diced
¼ cup tomatoes, diced

DIRECTIONS

1. Toast the English muffin.
2. Spread cream cheese on toasted English muffin.
3. Layer diced vegetables on the cream cheese spread.

SIMPLY GOOD EATING

Preparation time: 10 minutes
Cook time: 5 minutes
SERVES 2

TO ASK A HOUSEHOLD EXPERT QUESTIONS ABOUT:
• safely cooking, canning and freezing foods
• cleaning stains and mildew from homes and clothes
• floods and other household issues

IN MINNESOTA:
1-800-854-1678
Call 9AM-12PM and 1-4PM, Monday-Friday or Email ANSWER@IASTATE.EDU

CALL ANSWERLINE

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