

# Very Veggie Snack Pizza

Preparation time: 10 minutes

- 1 whole wheat english muffin
- 1 tablespoon low-fat garlic/herb cream cheese
- ¼ cup frozen broccoli florets
- ⅛ cup carrots, diced
- ¼ cup tomatoes, diced



Toast the english muffin. Spread the cream cheese, then add the chopped veggies. Very simple, kids only need help with the toasting, and you can change the veggies depending on your personal preferences.

Serves: 1

½ Cup of Vegetables per Serving

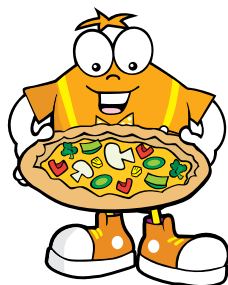
Fruit and/or Veggie Color(s): Green, Orange, Red

Nutrition Information per serving: calories: 181, total fat: 4.0g, saturated fat: 1.9g, % calories from fat: 20%, % calories from saturated fat: 9%, protein: 8g, carbohydrates: 31g, cholesterol: 8mg, dietary fiber: 4g, sodium: 280mg

Each serving provides: An excellent source of vitamins A and C, and a good source of folate, calcium, potassium and fiber.

Recipe is courtesy of Produce for Better Health Foundation and Shoney's, Inc. This recipe meets PBH and Centers for Disease Control & Prevention (CDC) nutrition standards that maintain fruits and vegetables as healthy foods.

Cool Fuel Cookbook 2007



Fruit & Veggie Color  
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