

Little Red Hen's Cracker Pizza

Makes 1



Ingredients:

Round cracker OR Round tortilla chip
French onion dip OR Bean dip OR Pimiento cheese spread
Pretzel stick
Broccoli, cauliflower, red pepper, carrot, green pepper, tomato, mushrooms, olives chopped
Pepperoni, sliced, optional
Mozzarella or cheddar cheese, shredded

Directions:

1. On a round cracker, spread onion dip with a pretzel stick.
2. Top with a variety of chopped vegetables, pepperoni and cheese.

Nutrition Facts: One serving provides 70 calories, 4g total fat, 2g saturated fat, 0g trans fat, 10mg cholesterol, 200 mg sodium, 5g total carbohydrate, 0g dietary fiber, 2g sugars, 4g protein

K-STATE Research and Extension This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP) through a contract awarded by the Kansas Department for Children and Families. USDA is an equal opportunity employer and provider. SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more call 1-800-221-5689.



Little Red Hen's Cracker Pizza

Makes 1



Ingredients:

Round cracker OR Round tortilla chip
French onion dip OR Bean dip OR Pimiento cheese spread
Pretzel stick
Broccoli, cauliflower, red pepper, carrot, green pepper, tomato, mushrooms, olives chopped
Pepperoni, sliced, optional
Mozzarella or cheddar cheese, shredded

Directions:

1. On a round cracker, spread onion dip with a pretzel stick.
2. Top with a variety of chopped vegetables, pepperoni and cheese.

Nutrition Facts: One serving provides 70 calories, 4g total fat, 2g saturated fat, 0g trans fat, 10mg cholesterol, 200 mg sodium, 5g total carbohydrate, 0g dietary fiber, 2g sugars, 4g protein

K-STATE Research and Extension This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP) through a contract awarded by the Kansas Department for Children and Families. USDA is an equal opportunity employer and provider. SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more call 1-800-221-5689.



Little Red Hen's Cracker Pizza

Makes 1



Ingredients:

Round cracker OR Round tortilla chip
French onion dip OR Bean dip OR Pimiento cheese spread
Pretzel stick
Broccoli, cauliflower, red pepper, carrot, green pepper, tomato, mushrooms, olives chopped
Pepperoni, sliced, optional
Mozzarella or cheddar cheese, shredded

Directions:

1. On a round cracker, spread onion dip with a pretzel stick.
2. Top with a variety of chopped vegetables, pepperoni and cheese.

Nutrition Facts: One serving provides 70 calories, 4g total fat, 2g saturated fat, 0g trans fat, 10mg cholesterol, 200 mg sodium, 5g total carbohydrate, 0g dietary fiber, 2g sugars, 4g protein

K-STATE Research and Extension This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP) through a contract awarded by the Kansas Department for Children and Families. USDA is an equal opportunity employer and provider. SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more call 1-800-221-5689.



Little Red Hen's Cracker Pizza

Makes 1



Ingredients:

Round cracker OR Round tortilla chip
French onion dip OR Bean dip OR Pimiento cheese spread
Pretzel stick
Broccoli, cauliflower, red pepper, carrot, green pepper, tomato, mushrooms, olives chopped
Pepperoni, sliced, optional
Mozzarella or cheddar cheese, shredded

Directions:

1. On a round cracker, spread onion dip with a pretzel stick.
2. Top with a variety of chopped vegetables, pepperoni and cheese.

Nutrition Facts: One serving provides 70 calories, 4g total fat, 2g saturated fat, 0g trans fat, 10mg cholesterol, 200 mg sodium, 5g total carbohydrate, 0g dietary fiber, 2g sugars, 4g protein

K-STATE Research and Extension This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP) through a contract awarded by the Kansas Department for Children and Families. USDA is an equal opportunity employer and provider. SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more call 1-800-221-5689.

