

# Pepperoni and Cheese Dip for Veggies



*If the word “snack” conjures up images of candy and soda pop, think again. The best snacks are fun to eat and they sneak in nutrients required for good health. Kids won’t need to be coaxed to eat their vegetables when they can dip them in this warm, cheese-and-herb flavored dip.*

## Dip:

- 1/2 cup (2 ounces) finely shredded part-skim Mozzarella cheese
- 1/2 cup part-skim Ricotta cheese
- 1/2 cup fat free sour cream
- 1/3 cup finely chopped, seeded Roma tomato
- 3 tablespoons finely chopped turkey pepperoni
- 1 small clove garlic, finely chopped or pressed
- 1 teaspoon dried Italian herb seasoning
- 1/8 teaspoon salt
- 2 tablespoons chopped parsley or sliced green onion (optional)

## Options for Dipping:

- Green, yellow, and red bell pepper slices
- Carrot and celery sticks
- Cauliflower and broccoli florets
- Whole wheat breadsticks or crackers

In medium, microwave safe bowl, stir together Mozzarella, Ricotta, sour cream, tomato, pepperoni, garlic, Italian herb seasoning, and salt. Cover, and cook on medium (50%) power for 3 to 5 minutes, stirring every 2 minutes, until hot. Turn mixture into serving bowl and sprinkle with parsley, if desired. Serve with raw or steamed vegetables, breadsticks, and/or crackers.

*Prep time: 10 minutes • Cook time: 5 minutes • Makes: 4 servings*

## Cook's Tips:

- Dip can be baked in preheated 350° oven for 15 to 20 minutes or until hot.
- To seed tomato, cut in half lengthwise and scoop out seeds with small spoon or finger.
- Italian herb seasoning can be replaced with 1/2 teaspoon dried basil leaves, 1/4 teaspoon dried oregano or marjoram leaves, and 1/4 teaspoon dried thyme leaves.

## Tester's Comment:

“When we tested this, my kids loved scooping carrots and broccoli into this ooey-gooey dip. My son said it smelled like a pizza!”

## Nutrients per serving:

(Dip only)	
Calories	124
Protein	10 g
Total Fat	6 g
(Saturated Fat	4 g)
Carbohydrate	8 g
Calcium	233 mg
Cholesterol	26 mg
Fiber	0 g
Sodium	327 mg

