



Ingredients

Yield: about 4 cups

- 1 package (8 ounces) fat-free cream cheese
- 1 1/2 tsp Italian seasoning
- 1 c (4 ounces) shredded 2% low fat mozzarella cheese, divided
- 1/2 c grated low-fat parmesan cheese, divided
- 1 small sweet red pepper, chopped
- 1/4 c chopped sweet onion
- 1 tsp olive oil
- 1 garlic clove, minced
- 1 jar (8 ounces) pizza sauce
- 4 ounces sliced turkey pepperoni, chopped
- 1 can (2-1/4 ounces) sliced ripe black olives, drained
- 1 French bread baguette (10.5 ounces), cut into 1/4-inch slices, toasted or Pita bread

Directions

1. In a small bowl, beat cream cheese and Italian seasoning until smooth; spread into a 9-in. microwave-safe dish. Sprinkle with 1/2 cup mozzarella cheese and 1/4 cup Parmigiano-Reggiano cheese.
2. In a small nonstick skillet, sauté pepper and onion in oil until tender. Add garlic; cook 1 minute longer. Spoon over cheeses. Spread pizza sauce over pepper mixture. Sprinkle with remaining cheeses, pepperoni and olives.
3. Microwave, uncovered, at 70% power for 5-7 minutes or until cheese is melted. Serve with toasted baguette slices. (Note: This recipe was tested in a 1,100-watt microwave)

Nutritional Information

Serving:	Calories	Fat	Protein	Carbohydrates	Sodium
¼ cup dip + 4 baguette slices	155	6 g	9 g	17 g	465 mg

Carbohydrate Exchanges: 1