
Fresh Vegetable Crisp

Makes 6 slices



Ingredients:

2 flour tortillas (8 inch)
1 pkg (3 oz) nonfat or low-fat cream cheese, softened
1/4 cup plus 2 tablespoons shredded low-fat cheddar cheese, divided
1/2 teaspoon dried basil
Dash garlic powder
4 cups water
1 cup small fresh broccoli flowerets
1/2 cup sliced fresh mushrooms
3 thin red pepper rings

1. Heat 10-inch nonstick skillet over medium heat. Spray 1 tortilla lightly on both sides with nonstick vegetable cooking spray. Place in skillet. Cook for 2 1/2 to 3 1/2 minutes, or until tortilla begins to brown, turning over once. Place tortilla between 2 paper towels. Repeat with remaining tortilla.
2. Heat oven to 350 degrees. In small mixing bowl, combine cream cheese, 2 tablespoons cheddar cheese, basil and garlic powder. Spread mixture evenly on 1 tortilla. Top with remaining tortilla. Place on baking sheet. Set aside. In 2-quart sauce pan, bring water to boil over high heat.
3. Immerse broccoli in water for one minute, or until color brightens. Remove with slotted spoon. Plunge broccoli immediately into ice water. Drain. Arrange broccoli, mushrooms and pepper rings on the top tortilla. Sprinkle evenly with remaining 1/4 cup Cheddar cheese. Bake for 7 to 9 minutes or until vegetable crisp is hot and cheese melts. Cut into wedges and serve.

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Serving Size: 1 slice

Calories per serving: 78

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