



# Skinny Layered Pizza Dip

Makes 12 servings

## Ingredients

### Layer 1:

1 (8 oz.) pkg fat-free cream cheese, softened\*  
 1/4 cup low-fat plain Greek yogurt  
 1/4 cup low-fat cottage cheese  
 (or additional 1/4 cup Greek yogurt)  
 1/2 teaspoon garlic powder  
 1/2 teaspoon Italian seasoning  
 2 tablespoons grated Parmesan cheese

### Layer 2:

1 cup pizza sauce  
 3/4 cup mozzarella cheese  
 1/4 cup green bell pepper, finely chopped  
 (or mushrooms or pizza topping of choice)  
 1/8 cup mini turkey pepperonis (or regular  
 size turkey pepperoni, cut into quarters)

### Optional toppings:

1/2 teaspoon Italian seasoning  
 1/4 cup chopped olives

*\*Or 1 cup low-fat cottage cheese, pureed in a blender or food processor until smooth. If using cottage cheese instead, leave out Parmesan cheese, as it would be too salty!*

## Instructions

1. Preheat oven to 350 degrees. Spray a 9-inch pie plate (or a 9x13 in. baking pan) with cooking spray.
2. In a medium bowl, mix together the ingredients for the first layer. Spread first layer in the prepared dish.
3. On top of the first layer, follow by spreading each ingredient in second layer (in order) over cream cheese layer. Start with pizza sauce, followed by mozzarella, green pepper, pepperonis and end with Italian seasoning and olives (if desired).
4. Bake for 25-30 minutes, or until cheese is melted and bubbly.

## Nutrition Facts

Serving Size: 1/4 cup; Calories 63; Total Fat 2g; Total Carbohydrates 4g; Dietary Fiber 0.5g; Sugar 1.5g; Protein 7g



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