Summer Pizza Snack

INGREDIENTS:

- 1 (8-ounce) tube crescent rolls
- 1 (8-ounce) tub a less fat cream cheese
- ¼ c. light mayonnaise
- ¼ tsp. garlic powder (or to taste)
- 1 c. shredded part-skim mozzarella
- ¾ c. sliced cherry tomatoes (or diced tomatoes)
- ½ c. chopped broccoli florets
- ½ c. chopped cucumber
- ½ c. sliced black olives (optional)

DIRECTIONS:

Preheat oven to 375 F. In a 9- by 13-inch baking pan, spread crescent roll dough. Seal seams together to form one large rectangle the size of the pan. Bake for 10 to 12 minutes, or until lightly browned. Cool on a rack.

In a small bowl, mix together cream cheese, mayonnaise and garlic powder. Spread evenly over entire cooled crust. Top with cheese, tomatoes, olives (if desired), broccoli and cucumber. Cut into squares and serve.

NUTRITION:

Makes 12 servings. Without olives, each serving has 180 calories, 12 grams (g) fat, 8 g protein, 11 g carbohydrate, 0 g fiber and 370 milligrams sodium.