



February 1- Cookie Cutter Appetizers

Not Smart Snack

Link: <http://www.whatscooking.fns.usda.gov/recipes/supplemental-nutrition-assistance-program-snap/cookie-cutter-appetizers>

Recipe

Ingredients:

- 1 whole wheat tortilla
- 2 Tablespoon cream cheese, low-fat
- ½ teaspoon garlic powder
- 1 cup chopped vegetables

Directions:

1. Preheat oven to 350°F.
2. Cut out multiple shapes from 1 whole wheat tortilla using cookie cutters.
3. Spray a cookie sheet with non-stick cooking spray.
4. Place cut out tortilla shapes onto cookie sheet.
5. Bake in oven for 12-15 minutes or until golden brown.
6. While tortillas are baking, mix low-fat cream cheese with garlic powder. Set aside.
7. Wash and chop mixed vegetables.
8. Once tortilla cut outs are finished baking, let cool.
9. Spread the cream cheese mixture onto each cut out shape and decorate with mixed vegetables.

Yield 1 serving

Nutrition Facts	
Serving Size 1 item (222.55g)	
Servings Per Container 1	
Amount Per Serving	
Calories 280	Calories from Fat 60
% Daily Value*	
Total Fat 6g	10%
Saturated Fat 3g	14%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 340mg	14%
Total Carbohydrate 45g	15%
Dietary Fiber 9g	36%
Sugars 2g	
Protein 11g	23%
Vitamin A 150%	• Vitamin C 25%
Calcium 10%	• Iron 15%
* Percent Daily Values are based on a 2,000 calorie diet.	