

Cookie Cutter Appetizers

Makes: 1 Serving

Make these appetizers for your next get-together. If you don't have a cookie cutter, just cut the tortilla into triangles. Add your favorite veggies to the filling.

Ingredients

- 1 whole wheat tortilla
- 2 **tablespoons** cream cheese, low-fat
- 1/2 **teaspoon** garlic powder
- 1 **cup** chopped vegetables (recommended: broccoli, carrots, red pepper, green onion)

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.

Nutrition Information

Nutrients	Amount
Calories	192
Total Fat	5 g
Saturated Fat	3 g
Cholesterol	16 mg
Sodium	374 mg
Total Carbohydrate	31 g
Dietary Fiber	5 g
Total Sugars	6 g
Added Sugars included	0 g
Protein	7 g
Vitamin D	0 IU
Calcium	94 mg
Iron	2 mg
Potassium	477 mg

N/A - data is not available

MyPlate Food Groups

 Vegetables	1 cup
 Grains	1 1/2 ounces

Notes

You will need cookie cutters.

Nutrient analysis and costing use chopped broccoli.

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