

Vegetable Bars

Submitted By Molly Samuels

Yield: approx 1-1/2 dozen

1 tube (8-count) refrigerated crescent rolls

3/8 c. salad dressing or mayonnaise

1/4 c. sour cream (fat free plain yogurt is a good substitute)

1 pkg. (8 oz.) cream cheese, softened

1 envelope ranch dressing mix

approximately 3 cups mixed raw vegetables, chopped fine

Choose a variety from among the following options:

green pepper

green onion

ripe olives

tomato

broccoli

baby carrots

cauliflower

shredded cheddar cheese

sweet red peppers

cucumbers

bean or alfalfa sprouts

well drained marinated artichoke hearts

mildly hot yellow peppers

zucchini

tart, crisp apple

stuffed green olives

jalapeno pepper (small amount)

chopped snow peas

red onions

sweet or dill pickles

sliced water chestnuts

Cover bottom of a 9" x 13" pan with the unrolled sheet of crescent roll dough, patting and stretching to fit. Bake in 350 degree oven 9-10 minutes, or until lightly browned. Allow to cool.

In mixing bowl, combine salad dressing, sour cream (or yogurt), cream cheese, and ranch dressing mix. Spread over crescent roll crust in pan.

Combine vegetables and cheddar cheese; toss to mix. Distribute evenly over cream cheese mixture. Cover with plastic wrap and push vegetables into cream cheese. Refrigerate, covered, 3-4 hours (or overnight). Cut into bars to serve.