

Creamy Veggies



Prep Time:

5 min

Total Time:

18 min

Makes:

5 servings

1 pkg. (16 oz.) frozen mixed vegetables (California mix)

1/4 lb. (4 oz.) VELVEETA 2% Milk Pasteurized Prepared Cheese Product, cut into 1/2-inch cubes

4 oz. (1/2 of 8-oz. pkg.) PHILADELPHIA Fat Free Cream Cheese, cut up

LAYER ingredients in 1-1/2-qt. microwaveable dish; cover.

MICROWAVE on HIGH 13 min. or until heated through, turning dish after 7 min.

STIR until well blended.

Nutritional Information

Calories 100

[Total fat](#) 2.5 g

[Saturated fat](#) 1.5 g

[Cholesterol](#) 15 mg

[Sodium](#) 480 mg

[Carbohydrate](#) 9 g

[Dietary fiber](#) 2 g

[Sugars](#) 6 g

Protein 10 g

Vitamin A 30 %DV

Vitamin C 50 %DV

[Calcium](#) 20 %DV

Iron 2 %DV

Nutrition Bonus

This low-fat side dish is a delicious way to eat your vegetables and get your calcium. As a bonus, it's high in both vitamins A and C, and low in cholesterol.