



Mozz Totz

Makes: 12 servings

A healthy twist on a deep-fried appetizer, these breaded and baked Mozz

Ingredients

12 ounces mozzarella string cheese (fat-free)

1/2 cup milk (1% low fat)

1/2 teaspoon oregano (dried)

1/2 teaspoon basil (dried)

1/2 cup bread crumbs

1/2 cup marinara sauce (prepared, warmed)

cooking spray (non-stick)

Directions

1. Wash hands with warm water and soap.

Nutrition Information

| Nutrients | Amount |
|-----------------------------|---------------|
| Calories | 70 |
| Total Fat | 1 g |
| Saturated Fat | 0 g |
| Cholesterol | 5 mg |
| Sodium | 300 mg |
| Total Carbohydrate | 6 g |
| Dietary Fiber | 10 g |
| Total Sugars | 10 g |
| Added Sugars included | N/A |
| Protein | 10 g |
| Vitamin D | N/A |
| Calcium | N/A |
| Iron | N/A |
| Potassium | N/A |
| N/A - data is not available | |

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2. Preheat oven to 350°.
3. Line a baking sheet with foil and spray lightly with cooking spray.
4. Remove cheese from package and cut into bite size pieces.
5. In a small non-stick skillet mix oregano and basil with bread crumbs.
6. Cook over medium heat, stirring occasionally until crumbs are lightly browned, about 5 minutes.
7. Dip each piece of cheese in milk and then into toasted bread crumbs, coating completely.
8. Place on baking sheet about 1 1/2 inches apart.
9. Spray string cheese lightly with non-stick cooking spray.
10. Bake 5-6 minutes or until heated through. (cheese may melt slightly and lose shape. Simply press it back into place).
11. Dip in warmed marinara sauce and enjoy.

Source: Arizona Nutrition Network, Champions for Change