

Ingredients:

12 ounce fat-free Mozzarella string cheese
1/2 teaspoon dried oregano
1/2 teaspoon dried basil
1/2 cup bread crumbs
1/2 cup 1% low fat milk
1/2 cup prepared marinara sauce, warmed
Non-stick cooking spray



Directions:

1. Wash hands with warm water and soap.
2. Preheat oven to 350°F.
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 ½ 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.

Nutrition Facts (Per Serving)

Calories, 93; Carbohydrate, 7 g; Protein, 10 g; Total Fat, 1 g; Saturated Fat, 0 g; Trans Fat, 0 g; Cholesterol, 5 mg; Fiber, 0 g; Total Sugars, 1 g; Sodium, 296 mg; Calcium, 262 mg; Folate, 0 mcg; Iron, 0 mg; Percent Calories from Fat, 12%.

Makes 12 servings



Mozz Totz (A Great Snack)

The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 1-800-352-8401. This institution is an equal opportunity provider and employer. This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP.

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