

Skinny Baked Mozzarella Sticks

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Servings: 12 • **Serving Size:** 2 pieces • **Old Points:** 1 pts • **Points+:** 2 pts*

Calories: 86.8* • **Fat:** 4.8 g • **Protein:** 7.4 g • **Carb:** 3.5 g • **Fiber:** 0.2 g • **Sugar:** 0.2

Sodium: 168.6

Ingredients:

- 12 sticks part-skim, reduced sodium mozzarella string cheese (Sargento)
- 1 large egg, beaten
- 2 tbsp flour
- 5 tbsp Italian seasoned breadcrumbs
- 5 tbsp panko crumbs
- 2 tsp parmesan cheese
- 1 tbsp dried parsley
- olive oil cooking spray (I used my misto)

Directions:

Cut cheese in half to give you 24 pieces. **Place** cheese in the freezer until cheese is frozen.



In small bowl, **whisk** the egg. **Place** the flour on another small dish. In separate bowl, **combine** bread crumbs, panko, parmesan cheese and dried parsley.



Dip the frozen sticks in flour, shaking off excess, then into the egg, then coat with the crumbs.

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Repeat this process with the remaining cheese placing them on a tray with wax paper. Place cheese back into the freezer until ready to bake (this is a must or they will melt before the crumbs get golden).

When ready to bake **preheat** oven to 400° F. **Line** a baking sheet with aluminum foil and lightly **spray** with oil.



Place frozen cheese sticks on baking sheet. **Spray** the tops of the mozzarella sticks with a little more oil and **bake** in the bottom third of your oven until crisp, about 4 to 5 minutes. **Turn** and **bake** an additional 4 - 5 minutes watching them closely so they don't melt.

Makes 24 pieces.

* There will be extra crumbs and flour after breading, I've deducted them from the nutritional info.