

Eat Smart!

K-STATE Research and Extension

Wildcat District

Baked Mozzarella Cheese Sticks

Ingredients:

- 1 (12 oz) package reduced-fat mozzarella string cheese
- 1 egg
- 1 tsp Italian seasoning
- ½ cup whole wheat bread crumbs
- ½ cup marinara sauce, warmed

Directions:

1. Preheat oven to 350°F
2. Line baking sheet with foil and spray with cooking spray
3. In a small bowl, whisk egg *until foamy*
4. In separate bowl, combine bread crumbs & Italian seasoning
5. Remove string cheese from packaging and dip in egg then roll in bread crumbs.
6. Place on baking sheet and repeat until all cheese is coated
7. Bake 5-6 minutes
8. Serve with warmed marinara sauce

Optional: You may toast breadcrumbs first if desired.



Nutrition Facts

6 servings per container
Serving size 2 each (79g)

Amount per serving
Calories 150

% Daily Value*

Total Fat 6g 8%

Saturated Fat 3.5g 18%

Trans Fat 0g

Cholesterol 50mg 17%

Sodium 440mg 19%

Total Carbohydrate 8g 3%

Dietary Fiber 0g 0%

Total Sugars 1g

Includes 0g Added Sugars 0%

Protein 14g

Vitamin D 0mcg 0%

Calcium 310mg 25%

Iron 1mg 6%

Potassium 82mg 2%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



Putting Healthy Food
Within Reach

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP) through a contract awarded by the Kansas Department for Children and Families. USDA is an equal opportunity employer and provider. SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more call 1-800-221-5689.

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