

Low-Fat Mozzarella Bites

Nutrition Facts:	
Yield	3 bites
Calories	101
Fat	5 g
Sodium	341 mg

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Ingredients Needed:

1/3 cup herb-flavored Panko breadcrumbs
3 light string cheese sticks
2 egg whites
¼ cup reduced-sodium Mariana sauce

Recipe Directions:

- Preheat oven to 425 degrees.
- Heat a medium size skillet over medium heat.
- Add 1/3 cup of Panko breadcrumbs to the pan and cook for 2 minutes or until toasted, stirring the whole time.
- Remove from heat and place the breadcrumbs in a shallow dish.
- Put the egg whites in a small bowl.
- Cut mozzarella sticks into 1-inch pieces.
- Working with one piece at a time, dip cheese in egg whites then roll in breadcrumbs. Place cheese on a baking sheet coated with non-stick cooking spray.
- Bake for 3 minutes or until cheese is softened and thoroughly heated- without losing too much shape.
- Pour the Marina sauce into a microwave-safe bowl and microwave on high for one minute or until heated, stir after 30 seconds.

