

Light and Baked Mozzarella Sticks

Oscar · 28/09/2024



Prep Time

5 mins

Difficult

Medium

Servings

15 mins

Description

These ovenbaked mozzarella sticks are a light version of a popular appetizer. Serve with marinara sauce.

Ingredients

- - cooking spray - 1 large egg - $\frac{3}{4}$ cup Italian seasoned bread crumbs - 8 toothpicks - 4 reduced-fat mozzarella string cheese sticks
- halved

Instructions

1. Preheat a toaster oven on the broil setting; alternatively
2. set an oven rack about 6 inches from the heat source and preheat the oven's broiler. Grease a small baking sheet with cooking spray; set aside. Beat egg in a small bowl. Place bread crumbs into a separate small bowl. Insert a toothpick vertically into each cheese stick half to the mid-way point. Dip each cheese stick into egg
3. then press in bread crumbs to coat. Repeat dipping in egg and bread crumbs for a double-thick coating. Place cheese sticks on the prepared baking sheet and coat with additional cooking spray for uniform browning. Broil in the preheated oven until golden brown
4. 4 to 5 minutes. Allow cheese sticks to set before serving
5. about 1 minute.