

## **Baked Mozzarella Bites**

Cooking Light Magazine - August 2011

**Servings: 4**

**1/3 cup panko (Japanese breadcrumbs)**  
**3 sticks (1 ounce ea) part-skim mozzarella string cheese**  
**3 tablespoons egg substitute**  
**cooking spray**  
**1/4 cup lower-sodium marinara sauce**

Preheat the oven to 425 degrees.

Heat a medium skillet over medium heat.

Add the panko to the pan. Cook for 2 minutes or until toasted, stirring frequently. Remove from the heat and place the panko in a shallow dish.

Cut the mozzarella sticks into 1-inch pieces.

Working with one piece at a time, dip the cheese into the egg substitute and dredge in the panko.

Place the cheese on a baking sheet coated with cooking spray.

Bake for 3 minutes or until the cheese is softened and thoroughly heated.

Pour the marinara sauce into a microwave-safe bowl. Microwave on HIGH for 1 minute or until thoroughly heated, stirring after 30 seconds.

Serve with the mozzarella pieces.

Yield: 12 mozzarella bites

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Per Serving (excluding unknown items): 18 Calories; 1g Fat (63.3% calories from fat); 1g Protein; trace Carbohydrate; 0g Dietary Fiber; trace Cholesterol; 22mg Sodium. Exchanges: 0 Lean Meat; 0 Fat.