



Double-Breaded Mozzarella Sticks

INGREDIENTS

- Sargento Light Mozzarella string cheese, 4 sticks, cut into thirds
- 1 egg, beaten
- 1/4 tsp salt
- 1/4 tsp peppe
- r1/8 cup all-purpose flour
- 1 tsp garlic powder
- 1/2 tsp dried parsley
- 1/2 tsp paprika
- 1 tsp garlic powder
- 1/4 cup whole wheat panko bread crumbs
- 1/8 cup Italian-style bread crumbs

NUTRITION FACTS

Serves: 12

Amount Per Serving:

- Calories 39
- Total Fat 1 g
- Saturated Fat 1 g
- Cholesterol 19 mg
- Sodium 129 mg
- Carbohydrate 4 g
- Dietary Fiber 0 g
- Sugars 0 g
- Protein 3 g
- myWW Blue: 1 sp
- myWW Purple: 1 sp
- myWW Green 1 sp

DIRECTIONS

AIR FRYER INSTRUCTIONS

1. Freeze string cheese for at least one hour prior to cooking.
2. Remove string cheese from freezer.
3. In a shallow bowl, combine flour, salt and pepper.
4. In second bowl, combine beaten egg and garlic powder.
5. In third bowl, combine breadcrumbs paprika, and parsley.
6. Roll string cheese in flour mixture, then egg mixture, then bread crumb mixture, repeating for second coating.
7. Preheat air fryer to 400 degrees for three minutes.
8. Spray air fryer with cooking spray.
9. Place mozzarella sticks on tray or directly in basket, making sure they don't touch each other.
10. Air fry for 5 to 8 minutes, watching closely so cheese doesn't start oozing out.
11. Serve with marinara sauce (optional - will add additional points).

OVEN INSTRUCTIONS

1. Follow steps #1 through #6.
2. Preheat oven to 400 degrees.
3. Spray foil-lined tray with cooking spray.
4. Place mozzarella sticks on tray, making sure they aren't touching each other.
5. Bake for 5 to 10 minutes, watching so the cheese doesn't ooze out.

This recipe can be found at:

<https://planningushealthy.com/mozzarella-sticks>

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