

# Mozz Totz (A Great Snack)

## Ingredients:

12 ounce fat-free Mozzarella string cheese  
1/2 teaspoon dried oregano  
1/2 teaspoon dried basil  
1/2 cup bread crumbs  
1/2 cup 1% low fat milk  
1/2 cup prepared marinara sauce, warmed  
Non-stick cooking spray

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## Directions:

1. Wash hands with warm water and soap.
2. Preheat oven to 350°F.
3. Line a baking sheet with foil and spray lightly with cooking spray.
4. Remove cheese from package and cut into bite size pieces.
5. In a small non-stick skillet mix oregano and basil with bread crumbs.
6. Cook over medium heat, stirring occasionally until crumbs are lightly browned, about 5 minutes.
7. Dip each piece of cheese in milk and then into toasted bread crumbs, coating completely.
8. Place on baking sheet about 1 ½ inches apart.
9. Spray string cheese lightly with non-stick cooking spray.
10. Bake 5-6 minutes or until heated through. (cheese may melt slightly and lose shape. Simply press it back into place.
11. Dip in warmed marinara sauce and enjoy.

## Nutrition Facts (Per Serving)

Calories, 93; Carbohydrate, 7 g; Protein, 10 g; Total Fat, 1 g; Saturated Fat, 0 g; Trans Fat, 0 g; Cholesterol, 5 mg; Fiber, 0 g; Total Sugars, 1 g; Sodium, 296 mg; Calcium, 262 mg; Folate, 0 mcg; Iron, 0 mg; Percent Calories from Fat, 12%.

Makes 12 servings



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The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 1-800-352-8401. This institution is an equal opportunity provider and employer. This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP.

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