

# Mozz Totz

**Makes:** 12 servings

## Ingredients

- 12 ounces** mozzarella string cheese (fat-free)
- 1/2 cup** milk (1% low fat)
- 1/2 teaspoon** oregano (dried)
- 1/2 teaspoon** basil (dried)
- 1/2 cup** bread crumbs
- 1/2 cup** marinara sauce (prepared, warmed)
- cooking spray (non-stick)

## Directions

1. Wash hands with warm water and soap.
2. Preheat oven to 350°.
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 1/2 inches apart.
9. Spray string cheese lightly with non-stick cooking spray.

## Nutrition Information

Key Nutrients	Amount	% Daily Value
<b>Total Calories</b>	<b>70</b>	
Total Fat	0.5 g	1%
Protein	10 g	
Carbohydrates	6 g	2%
Dietary Fiber	10 g	4%
Saturated Fat	0 g	0%
Sodium	300 mg	13%

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.