

# PIZZA CRUSTED BAKED CHEESE STICKS

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**Preheat:** Oven, 400 degrees Fahrenheit

**Equipment:** Rolling pin or wooden spoon, plate, resealable bag, small bowl, baking sheet

**Prep Time:** 10 minutes

**Cook Time:** 6 minutes

**Number of Servings:** 4 snack servings

**- 4 "light" mozzarella cheese sticks**

Slice each stick into 3 pieces

**- 45 Pizza Veggie Stix** (*Good Health Natural Foods*)

Place Veggie Stix in a resealable bag, seal and crush them using rolling pin or back of a wooden spoon. Then transfer to a plate.

**- 1 egg**

Beat egg in bowl.

**- 2 TBsp whole wheat flour**

Place on a separate plate. Now as an assembly line, take each piece of cheese and first roll in the flour, then dip in egg and finally roll in crushed Pizza Veggie Stix. Gently place each piece on the baking sheet (don't forget to spray the sheet with cooking spray) and bake for approximately 6 minutes until the cheese begins to spread.

**- 1 cup marinara sauce**

Transfer mozzarella sticks to plate and serve with marinara sauce for dipping.

OPTION: For a fun twist, place colored toothpicks in each piece and arrange on a serving dish.

**5 Natural Colors:** white, red, orange, yellow, tan

**6 Food Groups:** dairy, vegetables, whole grains, eggs, fruit, herbs/spices

## PERFORMANCE RATING

### 5 Natural Colors, 6 Food Groups

Fast and fun. Engage your kids with crushing the Pizza Veggie Sticks, dipping and rolling. Why not include them in the fun! Lauren and Kathy did a great job of taking a snack product and turning it into a healthier snack recipe! A 5/6 Performance Rating is awesome for a party appetizer. Be sure to make some during the holidays.