



## MOZZARELLA CHEESE STICKS

	Ingredients	Exchanges
Protein	23.2 gm whole milk mozzarella, shredded	2.7 (-2.7 gm fat)
	----- 15 gm raw egg	----- 1 (-1 gm fat)
Fat	26.3 gm mayonnaise	6 (-3.7 gm)
Carbohydrate	1.8 gm Doritos® nacho cheese chips	1.3
Other	Salt	

*Recipe developed by Chef Paige Vondran*

### DIRECTIONS

- Using a food processor, chop the chips to a fine texture; set aside.
- Combine the cheese, egg, salt, and mayonnaise in a small bowl.
- Spray a pan with nonstick cooking spray and begin to warm over a low heat.
- Gently scoop the mixture onto the warm pan.
- After a few minutes, the cheese should begin to melt.
- Using a small rubber spatula, stir the mixture until it becomes stretchy.
- Spray a flat surface such as a cutting board, plate, or baking sheet, with nonstick cooking spray.
- Transfer the cheese mixture from the pan to the greased flat surface and allow to cool for 2 minutes.
- Divide the cheese mixture into equal parts. While the mixture is still warm, roll with your hands to form cylinder shaped cheese sticks.
- Sprinkle or roll each cheese stick with chip crumbs.
- Place in the refrigerator for 10 minutes to allow to firm.
- They can be served cold or reheated. When reheating, either heat in the microwave for 5-10 seconds or warm in a pan over low heat

### VARIATIONS

- An alternative carbohydrate may be used to coat the outside of the cheese stick such as Cheetos®, Sunchips®, pretzels, etc.
- Other shredded cheeses can be used such as Colby jack or cheddar.