

Healthy Cheese Sticks



These oven-baked crispy cheese sticks bring all the fun of a classic, reimagined as a lighter, easy-to-make treat at home. A winning pick for family dinners or shared snacks, they're a hit with kids and adults alike.

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Preparation 20 min

Cooking 15 min

Servings 2

Nutrition Facts (per serving)

Calories 100

Fat 5

Carbohydrates 7

Fibre 1

Protein 8

Sodium 210

Ingredients

- 8 mozzarella cheese sticks (18% fat), cut in half
- 125 ml (1/2 cup) flour
- 2 eggs

- 10 ml (2 tsp.) onion powder
- 10 ml (2 tsp.) garlic powder
- 5 ml (1 tsp.) Italian seasoning
- 2.5 ml (1/2 tsp.) chili powder
- Pinch of salt
- Marinara sauce

Preparation

1. Prepare 3 bowls. The first one with flour, the second one with beaten eggs, and the third one with panko, onion powder, garlic powder, Italian seasoning, chili powder, and salt.
2. Dip the half mozzarella sticks into the flour, then into the beaten eggs, and finally into the breadcrumb mixture. Ensure they are well coated.
3. Dip the same mozzarella stick halves again into the beaten eggs and then back into the breadcrumb mixture. Repeat with the remaining mozzarella stick halves.
4. Freeze the cheese sticks for at least 1 hour before baking. This prevents the cheese from melting too quickly while the coating becomes crispy. This recipe can be prepared well in advance.
5. Place the cheese sticks on a baking sheet lined with parchment paper.
6. Bake in a preheated oven at 400°F for 5-8 minutes. Flip and bake for another 5-8 minutes or until the sticks are golden and crispy.
7. Serve with marinara sauce, either cold or heated.

Notes



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