**Whole Grain Mozzarella and Veggie Sticks**

**Garden Veggie Fries**

**Makes:** 8 Servings

Modified from Betty Crocker

**INGREDIENTS**

* ½ cup white whole wheat flour
* 2 eggs, beaten
* 1 ½ cups whole grain breadcrumbs
* 1 teaspoon dried parsley
* 1 teaspoon dried oregano
* ½ teaspoon black pepper
* ¼ teaspoon salt
* 2 tablespoons grated parmesan cheese or alternative
* Fresh asparagus spears (with inedible bottom removed), carrot sticks or fresh green beans

**DIRECTIONS**

1. Heat oven to 300°F. Line large cookie sheets with parchment paper. Place flour and beaten eggs in separate shallow bowls. In another shallow bowl, stir breadcrumbs, herbs, and parmesan cheese, until well mixed.
2. Toss vegetables in flour, coat with egg and toss in bread crumb mixture. Place coated vegetables in a single layer on cookie sheets
3. Bake for 12 to 15 minutes or until golden brown and vegetables are crisp-tender.

**LOW PREP/DORM RECIPE TIP**

Try a veggie and cheese snack plate! Use a microwave to heat Trader Joe’s frozen ‘Julienned Root Vegetables,’ a delicious mixture of seasoned carrots, beets, parsnips, and sweet potatoes. Add parmesan or mozzarella cheese on top (or try cheese crisp recipe, below) and serve with melba toasts.

**Whole Grain Mozzarella Sticks** 

**Makes:** 6 Servings

Modified from FoodNetwork

**INGREDIENTS**

* 10 whole-grain Melba toasts
* ⅓ cup whole wheat breadcrumbs
* 1 tablespoon dried oregano
* Salt and black pepper to taste
* Large pinch ground cayenne
* 2 large egg whites
* 1 large egg
* 1 clove garlic, minced
* ⅓ cup white whole wheat flour
* 8 sticks part-skim mozzarella string cheese, halved crosswise
* Olive oil cooking spray, for coating the cheese sticks
* ⅓ cup marinara sauce, warmed, for serving

**DIRECTIONS**

1. Pulse the melba toasts in a food processor to make semi-coarse crumbs; transfer to a medium bowl or dish. Mix the breadcrumbs, oregano, ¼ teaspoon each salt and pepper and the cayenne if using.
2. Whisk together the egg whites, whole egg, garlic, and ¼ teaspoon each salt and pepper in another bowl.
3. Put the flour and ¼ teaspoon salt in a resealable plastic bag. Add the cheese pieces to the bag, close and shake to coat. Dip one piece of the cheese at a time in the egg mixture first, and then roll firmly in the breadcrumb mixture; then dip the same piece again in the egg mixture followed by the breadcrumb mixture. Note: Use one hand with the dry mixture and the other with the wet mixture.
4. Place on a parchment paper-lined plate or baking sheet. Freeze for 15 minutes, or up to overnight.
5. Preheat the oven to 475 degrees F. Transfer the frozen cheese sticks to another baking sheet. Fully coat the cheese sticks with the olive oil cooking spray. Bake until golden, about 12 minutes. Sprinkle with additional salt and pepper to taste.
6. Serve immediately with marinara sauce.

**LOW PREP/DORM RECIPE TIP:**If you don’t have access to an oven, enjoy the “Easy Cheesy” Cheese Crisps from *One Good Thing* as a substitute for the Mozzarella Sticks*.* To make these crisps, cut four cheese sticks into 10-12 pieces each. Place the pieces onto a plate separate from one another and microwave for 30 seconds or until crispy. Enjoy with some warm marinara sauce, which can be purchased at most grocery stores.