

CopyCat Applebee's Baked Mozzarella Sticks

Ingredients

1 cup 2% milk
2 eggs
2/3 cup whole wheat flour
1 ½ cups Italian seasoned bread crumbs
3/4 tsp salt
1/8 tsp black pepper
1/2 teaspoon garlic powder
16 oz. mozzarella cheese sticks

Directions

In a shallow bowl, mix the milk and eggs well.

In another shallow bowl, mix the remaining dry ingredients.

Cut each mozzarella stick in half, forming 2-inch sticks.

Dip each mozzarella stick into the egg-wash and then the breadcrumb mix, making sure the sticks are fully coated.

Place the coated cheese sticks onto a large plate in a single layer and cover with foil.

Freeze the sticks for about 2 hours, until firm.

Preheat the oven to 425°F.

Grease a cookie sheet with vegetable spray and arrange the sticks in a single layer. Spray the sticks with vegetable oil spray.

Bake the sticks for 7 minutes, or until the coating forms a crispy brown crust. Let cool and serve.