


Air-fryer Mozzarella Bites

Ingredients

- 1 1/2 teaspoon all-purpose flour
- 1 large egg white, lightly beaten
- 1/4 cup panko breadcrumbs
- 1/2 teaspoon Italian seasoning
- 1/4 teaspoon garlic powder
- 1/8 teaspoon salt
- 4 light mozzarella string cheese sticks, each cut into 3 pieces
- 1/4 cup fat-free marinara sauce, warmed
- Cooking spray



Directions

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1. Place the flour in a small shallow bowl and the egg white in another shallow bowl. Combine the panko, Italian seasoning, garlic powder, and salt in a third shallow bowl. Add the cheese pieces to the flour and toss well to coat. Dip the cheese in the egg white and turn to coat. Dip the cheese in the panko mixture and turn to coat. Arrange the cheese pieces on a plate. Freeze for 20 minutes.
2. Preheat an air fryer to 400°F (if necessary). Line the air-fryer basket with parchment paper. Arrange the cheese pieces in the basket, spacing them apart as much as possible so they're not touching. Coat the cheese with cooking spray. Cook the cheese pieces in the air-fryer until the coating is lightly brown and crisp, 5 to 6 minutes. Serve with the marinara.