



Cheese Straws

Ingredients

- 1 cup Bisquick, reduced fat
- 1/2 teaspoon garlic powder
- 1/4 teaspoon salt
- 1/8 teaspoon black pepper
- 1/4 cup part skim mozzarella cheese, shredded
- 1/4 cup grated Parmesan cheese
- 1/2 cup water

Makes 9 servings

Instructions

1. Mix Bisquick, garlic powder, salt, pepper, and cheeses together.
2. Stir in water and mix well. Knead 12 times.
3. Pinch off walnut sized pieces and roll into strips 5" long and 1/4 "thick.
4. Place on cookie sheet and bake at 425°F for 8 minutes.

Note:

- Dip strips into melted butter before baking and sprinkle with sesame seeds and or serve with Marinara Sauce.

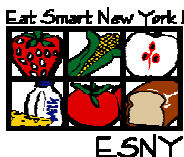
Nutrition Facts

Serving Size 4 sticks	
Servings Per Container 9	
Amount Per Serving	
Calories 70	Calories from Fat 20
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 270mg	11%
Total Carbohydrate 10g	3%
Dietary Fiber 0g	0%
Sugars 1g	
Protein 3g	
Vitamin A 0%	• Vitamin C 0%
Calcium 6%	• Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

26% calories from fat

Source: Cornell Cooperative Extension of Schoharie County.

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