

CHEESE ROLL-UPS

Ingredients:

- 2 ounces mozzarella cheese, shredded
- Garlic powder
- Marinara or pizza sauce, optional

Directions:

In a 10-inch nonstick skillet over medium-high heat, spread the cheese to cover the entire bottom of the pan. Sprinkle with garlic powder to taste. Once the bottom of the cheese is golden brown; start gradually prying it up with a spatula. Starting from one side, push and roll the edge inward with a spatula to roll the cheese up jelly roll fashion then remove to a plate. Serve as is or dip in marinara or pizza sauce, if desired. The sauce is not included in the count.

Makes 1 serving. Do not freeze.

Per Serving: 159 Calories; 10g Fat; 16g Protein; 2g Carbohydrate; 0g Dietary Fiber; 2g Net Carbs