

PEPPERONI BITES



	Ingredients	Exchanges
Protein	11.2 gm Hormel® Original pepperoni, chopped	1.0 (-4.0 gm fat)
	7.5 gm fresh, whole egg	0.5 (-0.5 gm fat)
	3.1 gm Bob's Red Mill® soy flour	1.0 (+0.5 gm fat)
	10.3 gm whole milk mozzarella cheese	1.2 (-1.2 gm fat)
Fat	24.8 gm mayonnaise	6.0 (-5.2 gm)
Carbohydrate	8.5 gm Rao's® sensitive marinara sauce	0.3 (-0.75 gm fat)
	1.1 gm all-purpose flour	1
Other	Salt, pepper, onion powder, garlic powder	

Recipe developed by Chef Paige Vondran

DIRECTIONS

- Preheat oven to 350° F.
- In a small bowl, combine all of the ingredients together.
- Season the mixture with dry seasonings.
- Stir well with a rubber spatula.
- Grease a muffin pan with nonstick cooking spray.
- Scoop the mixture into each mold dividing evenly.
- Bake for 20-25 minutes until slightly browned.
- Serve warm.

VARIATIONS

- This recipe can be frozen for up to two months in a sealed storage container or sandwich bag. For best results, reheat the recipe in a toaster oven, hot pan, or oven.
- Other proteins can be used such as chicken, ham, or ground beef.
- If using regular marinara sauce and not Rao's brand, there may not be enough exchanges for all-purpose flour. It is OK to omit the all-purpose flour if needed.
- Other cheeses can be used such as Colby Jack, cheddar, or Muenster.