



Mozzarella and Onion Stuffed Bread

Every bite of this luscious bread is filled with an onion-cheese mixture that melts in your mouth. This literally takes minutes to prepare and will disappear even quicker.

Makes 12-16 slices.

1 (16-ounce) loaf Italian bread or French bread
6 tablespoons (3/4 stick) butter
½ cup finely chopped onion
2 teaspoons Dijon mustard
1 teaspoon poppy seeds
Dash hot pepper sauce
1 cup shredded part-skim mozzarella cheese

1. Preheat oven 350°F. Slice bread diagonally, taking care not to cut through bottom crust.
2. Melt butter in pot over medium heat, add onion, cook, stirring until tender, 5 minutes. Remove from heat, add mustard, poppy seeds, hot sauce.
3. Spoon mixture between slices of bread. Sprinkle cheese between each slice and a little on top. Transfer bread to baking sheet, bake 10-15 minutes, or until cheese is melted and bread is crispy.

Nutritional information per serving:

Calories 136, Protein (g) 4, Carbohydrate (g) 15, Fat (g) 6, Calories from Fat (%) 43, Saturated Fat (g) 2, Dietary Fiber (g) 1, Cholesterol (mg) 4, Sodium (mg) 264, Diabetic Exchanges: 1 starch, 1 fat