

SIDE DISH

Cheese Breadsticks

4 October 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
33 min	18 min	15 min	12	\$0.25	134 kcal

Cheese Breadsticks requires about 33 minutes from start to finish. This recipe makes 12 servings with 134 calories, 5g of protein, and 5g of fat each. For 25 cents per serving, this recipe covers 7% of your daily requirements of vitamins and minerals. It works well as a hor d'oeuvre.

Ingredients

- ☐ 2¼ teaspoons package dry yeast (about
- ☐ ¾ cup warm fat-free milk (100° to 110°)
- ☐ 1 tablespoon grated Parmesan cheese
- ☐ 3 ounces ¾ cup 2% reduced-fat finely shredded sharp Cheddar cheese
- ☐ 2 cups all-purpose flour, divided
- ☐ 2 tablespoons olive oil
- ☐ 1 teaspoon salt

EQUIPMENT Bowl, Baking sheet, Oven, Knife, Wooden spoon, Measuring cup

Method

- 1

Combine yeast and milk in a large bowl.
- 2

Let stand 5 minutes.
- 3

Lightly spoon flour into dry measuring cups; level with a knife. Gradually stir 1 ¾ cups flour and next 3 ingredients into yeast mixture, using a wooden spoon. Turn dough out onto work surface and knead dough 5 minutes or until smooth and elastic, adding enough of remaining flour to prevent dough from sticking to hands.
- 4

Coat a medium bowl with cooking spray.

- 5 Place dough in bowl, turning to coat top. Cover and let rise in a warm place (85), free from drafts, 35 minutes or until doubled in size. (Press two fingers into dough. If indentation remains, the dough has risen enough.)
- 6 Preheat oven to 40
- 7 Punch dough down; divide into 12 equal portions.
- 8 Roll each portion into a 10-inch rope about 1/2 inch in diameter.
- 9 Place ropes on a large baking sheet coated with cooking spray. Coat ropes with cooking spray; sprinkle with Parmesan cheese.
- 10 Bake at 400 for 15 minutes or until golden.

Nutrition per serving

134	5 g	5 g	17 g
KCAL	PROTEIN	FAT	CARBS
Saturated Fat			1.8 g · 11% of daily needs
Fibre			0.7 g · 3% of daily needs
Sugar			0.9 g · 1% of daily needs
Sodium			254 mg · 11% of daily needs
Cholesterol			7.9 mg · 3% of daily needs

Adapted from My Recipes. Find this recipe, ratings and more ideas at whatsheate.com/cheese-breadsticks-147684