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# Cheese Breadsticks

Servings: 12

Preparation Time: 20 minutes

Start to Finish Time: 1 hour 25 minutes

**1 package (2-1/4 teaspoons) dry active yeast**  
**3/4 cup warm (100 to 110 degree) fat-free milk**  
**2 cups all-purpose flour, divided**  
**3 ounces (3/4 cup) 2% reduced-fat sharp cheddar cheese, finely shredded**  
**2 tablespoons olive oil**  
**1 teaspoon table salt**  
**1 tablespoon grated Parmesan cheese**

In a large bowl, combine the yeast and milk. Let stand for 5 minutes.

Lightly spoon the flour into dry measuring cups. Level with a knife. Gradually stir 1-3/4 cups of flour and the cheese, olive oil and salt into the yeast mixture, using a wooden spoon. Turn the dough out onto a work surface and knead the dough for 5 minutes or until smooth and elastic, adding enough of the remaining flour to prevent the dough from sticking to your hands.

Coat a medium bowl with cooking spray. Place the dough in a bowl, turning to coat the top. Cover and let rise in a warm place (85 degrees), free from drafts, until doubled in size, about 35 minutes. (Press two fingers into the dough. If an indentation remains, the dough has risen enough.)

Preheat the oven to 400 degrees.

Punch the dough down. Divide into twelve equal portions. Roll each portion into a ten-inch rope about 1/2-inch in diameter. Place the ropes on a large baking sheet coated with cooking spray. Coat the ropes with cooking spray. Sprinkle with Parmesan cheese.

Bake until golden, about 15 minutes.

## **Bread, Muffins**

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*Per Serving (excluding unknown items): 98 Calories; 3g Fat (24.1% calories from fat); 2g Protein; 16g Carbohydrate; 1g Dietary Fiber; trace Cholesterol; 202mg Sodium. Exchanges: 1 Grain(Starch); 0 Lean Meat; 1/2 Fat.*