

Choco Fever Dream

Turkey and Cheese Sticks – Easy Snack

15 min Prep time	**12 min** Cook time	**27 min** Total time
4 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Main Ingredients

- [ ] 8 thin slices turkey breast
- [ ] 4 oz sharp cheddar cheese, cut into thin strips
- [ ] 2 eggs, beaten
- [ ] 1 cup panko breadcrumbs
- [ ] 1 tsp paprika
- [ ] 1 tsp lemon zest
- [ ] 2 tbsp melted butter
- [ ] 1 tsp honey

Optional Dipping Sauce

- [ ] ¼ cup plain Greek yogurt
- [ ] 1 tsp lemon juice
- [ ] ½ tsp dill weed
- [ ] Pinch of salt

Instructions

1. Preheat oven to 425°F (220°C) and line a baking sheet with parchment.
2. Lay a turkey slice flat, place a cheese strip at one edge, and roll tightly; secure with a toothpick if needed.
3. Dip each roll in beaten egg, then roll in a mixture of panko, paprika, and lemon zest.
4. Arrange sticks on the sheet, brush with melted butter mixed with honey.
5. Bake 12 minutes, turning once, until golden and crisp. Remove toothpicks before serving.
6. Serve warm with your favorite dip; enjoy the buttery snap and melty center.

Nutrition per serving

320 kcal	20 g	22 g	18 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you prefer a spicier bite, add a pinch of cayenne to the breadcrumb mix.
- For extra shine, brush the sticks with a little extra melted butter right after they come out of the oven.
- These sticks keep well for up to two days if stored in an airtight container; re-crisp in a toaster oven.