

Treasure Barrel

Turkey and Cheese Sticks – Savory Snack Delight

15 min Prep time	**20 min** Cook time	**35 min** Total time
4 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Main Ingredients

- [ ] 8 slices deli turkey breast, thinly sliced
- [ ] 4 oz sharp cheddar cheese, cut into 1-inch strips
- [ ] 1 cup panko breadcrumbs
- [ ] 1 tsp paprika
- [ ] 1/2 tsp garlic powder
- [ ] 1 tbsp melted butter
- [ ] 1 tsp lemon juice
- [ ] 1 tsp honey (optional)

Instructions

1. Preheat the oven to 425°F (220°C) and line a baking sheet with parchment paper.
2. Place a turkey slice on a flat surface, top with a cheese strip, and roll tightly.
3. Mix panko, paprika, and garlic powder in a shallow bowl; dip each roll in lemon juice, then roll in the seasoned breadcrumbs.
4. Arrange the coated sticks on the sheet, brush with melted butter, and bake for 15-18 minutes, turning halfway.
5. If using honey, drizzle over the hot sticks in the last two minutes, then let rest one minute before serving.

Nutrition per serving

210 kcal	18 g	12 g	9 g
Calories	Protein	Carbs	Fat

Tips & notes

- For extra crunch, broil for the final 2 minutes but watch closely.
- A pinch of sea salt on the breadcrumbs enhances flavor.
- If you prefer a spicy kick, add a dash of cayenne to the breadcrumb mix.