

Zucchini Bread Recipes

Turkey and Cheese Sticks – Quick Savory Snack

15 min Prep time	**15 min** Cook time	**30 min** Total time
4 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Main Ingredients

- [ ] 8 slices deli turkey breast
- [ ] 1 cup sharp cheddar cheese, grated
- [ ] 1 sheet puff pastry, thawed
- [ ] 2 tsp fresh parsley, chopped
- [ ] 1 tsp lemon zest
- [ ] 2 tbsp olive oil, for brushing

Optional Dipping Sauce

- [ ] 1/4 cup mayonnaise
- [ ] 1 tsp Dijon mustard
- [ ] 1 tsp honey
- [ ] A pinch of smoked paprika

Instructions

1. Preheat the oven to 400°F (200°C) and line a baking sheet with parchment.



2. Lay the puff pastry sheet on a lightly floured surface and cut it into four equal rectangles.



3. On each rectangle, layer two slices of turkey, sprinkle a handful of cheddar, then add parsley and lemon zest.



4. Roll each rectangle tightly, seal the edges with a fork, and place seam-side down on the sheet.



5 Brush the tops with olive oil and bake for 12-15 minutes, until golden and puffed.



6 While the sticks rest, mix optional sauce ingredients together; serve alongside the warm sticks.



Nutrition per serving

280 kcal	18 g	20 g	16 g
Calories	Protein	Carbs	Fat

Tips & notes

- If using leftover roasted turkey, shred it finely for even distribution.
- For extra crispness, sprinkle a light dusting of grated Parmesan before baking.
- Feel free to add a pinch of red pepper flakes for a gentle heat.