

# Breadsticks



These taste soooo close to Olive Garden® breadsticks! So delicious! Goes well with pizza, pasta, and soup!

**Prep:** 20 mins

**Cook:** 10 mins

**Additional:** 1 hr 5 mins

**Total:** 1 hr 35 mins

**Servings:** 18

**Yield:** 18 servings



## Ingredients

¼ cup white sugar, divided

1 (.25 ounce) package active dry yeast

1 cup warm water, divided

2 ¼ cups all-purpose flour, or more if needed

3 tablespoons vegetable oil

1 egg

½ teaspoon salt

½ cup butter, melted

½ teaspoon garlic salt

¼ cup Parmesan cheese

## Directions

### Step 1

Dissolve 1 1/2 teaspoons sugar and yeast in 1/2 cup warm water in a bowl. Let stand until yeast softens and begins to form a creamy foam, about 5 minutes.

### Step 2

Beat flour, oil, egg, salt, remaining sugar, and remaining warm water into yeast mixture until smooth, adding more flour if needed to form a soft dough. Turn dough onto a floured work surface; knead until smooth and elastic, 6 to 8 minutes.

### Step 3

Place dough in a greased bowl, turning once to cover completely with oil. Cover bowl with a damp towel and place in a warm area until dough is doubled in size, about 40 minutes.

### Step 4

Grease a baking sheet.

### Step 5

Punch dough down and turn onto a floured work surface. Divide dough into 18 pieces and shape each into a 6-inch rope. Arrange dough pieces on the prepared baking sheet about 2 inches apart; cover with a towel or plastic wrap and let rise until doubled in size, about 25 minutes.

### Step 6

Preheat oven to 400 degrees F (200 degrees C). Remove cover from dough.

### Step 7

Bake in the preheated oven until golden brown, 10 to 12 minutes.

### Step 8

Whisk butter and garlic salt together in a bowl; brush over each breadstick. Sprinkle Parmesan cheese over each.

### **Cook's Note:**

I personally turn the oven on warm and put the bowl on the oven to let rise.

### **Nutrition Facts**

**Per Serving:** 143 calories; protein 2.6g; carbohydrates 14.9g; fat 8.2g; cholesterol 24.9mg; sodium 173mg.

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