

Not Butter! Contest 4--Parmesan Bread Sticks Recipe



Uploaded on 26 Mar 2010

This is the fourth of 4 contests sponsored by I Can't Believe It's Not Butter! during the month of March, which is National Nutrition Month. Making a (legitimate) comment on *this particular video* will automatically enter you in Contest 4. You may enter as many times as you like. Contest 4 will end at [12:00](#) noon, Eastern Time in the U.S., on Thursday, April 1, 2010, and a winner will be randomly selected from commenters up to that point. The winner will be announced in the video upload on April 9. The prize for each contest is an I Can't Believe It's not Butter! VIP kit, including a 65.2 MB travel drive (which has a small portion filled with Not Butter! information and recipes), a butter spreader, a coupon for a Not Butter! product (Note: This coupon is only valid in the U.S.), and a Reach Right special magazine from Not Butter! In this video, Betty demonstrates how to make Parmesan Bread Sticks. These can be served with a nice, green salad or used as a great snack.

Ingredients:

- 2 tablespoons I Can't Believe It's Not Butter!, softened
- 1/2 cup grated Parmesan cheese
- 1/4 cup sour cream
- 1/2 cup self-rising flour
- 1/4 teaspoon dried Italian seasoning
- 1 egg yolk, lightly beaten
- 1 tablespoon water
- poppy seeds or sesame seeds
- cooking oil spray

Place 2 tablespoons I Can't Believe It's Not Butter!, 1/2 cup Parmesan cheese, and 1/4 cup sour cream in a medium-sized mixing bowl. Beat with an electric mixer until creamy. Add 1/2 cup self-rising flour and 1/4 teaspoon dried Italian seasoning, and stir until smooth. Place dough on a lightly floured surface, and use a rolling pin to roll into a 7-inch by 12-inch rectangle. Separate into two halves, cutting crosswise. Cut into 6-inch by 1/2-inch strips, cutting the halves lengthwise. Twist each strip 2 or 3 times, and place on a baking pan that has been sprayed with cooking oil spray. Combine 1 egg yolk with 1 tablespoon water. Brush over twisted strips in pan. Sprinkle with your choice of poppy seeds or sesame seeds. Bake at 350 degrees for about 10 minutes, or until golden brown. Serve with a large green salad and bottled or homemade dressing--or use these as a snack to munch on while you are watch the basketball tournament games, other sports events, movies, etc. I hope you enjoy these! --Betty