

Recipe of the Month – June 2019

Croutons

Serves 6

Serving Size: ½ cup

Cost per Serving: \$0.11

Ingredients:

4 slices whole wheat bread

1 tablespoon oil (canola, olive, or vegetable)

1 teaspoon garlic powder

1 teaspoon dried basil

**Directions:**

1. Preheat oven to 350°.
2. Cut bread into one inch cubes.
3. Stir bread and oil together in a medium bowl.
4. Sprinkle garlic powder and dried basil on top of the bread cubes. Stir until the bread is evenly coated with garlic and basil.
5. Spray a baking sheet with nonstick cooking spray. Spread croutons evenly on the baking sheet. Bake for 10 minutes. Stir. Bake for up to 5 minutes more or until the croutons are golden brown.
6. Let the croutons cool and store in an airtight container for up to one week.

Tips:

- Put these in a plastic baggie and crush to make seasoned bread crumbs.

Nutrition Facts per Serving: 70 Calories, 3g total Fat (0g sat. fat), 0mg. Cholesterol, 85mg Sodium, 8g Carbohydrates, 1g Fiber, 1g Sugar, 2g Protein

*Recipe compliments of Iowa State University Extension:
Healthy & Homemade Meals 2019 Nutrition & Fitness Calendar*

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