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