



A RED SOX FOUNDATION AND  
MASSACHUSETTS GENERAL HOSPITAL PROGRAM



## *Homemade Croutons*

### **Ingredients:**

1 loaf of bread cut into  $\frac{3}{4}$  inch cubes  
 $\frac{1}{4}$  -  $\frac{1}{2}$  cup olive oil  
1-2 tsp garlic powder or 1-2 TBSP minced garlic cloves  
 $\frac{1}{2}$  tsp salt  
 $\frac{1}{4}$  tsp pepper  
Optional: 2 TBSP parmesan cheese, 2 tsp Italian seasoning

### **Directions:**

1. Preheat oven to 375 degrees F. Line baking sheet with aluminum foil.
2. Using a large bowl, drizzle bread evenly with oil and seasonings and toss until evenly combined.
3. Spread out on a baking sheet and bake until crispy (~15-20 minutes), flipping about halfway so that all sides of the crouton bake evenly.



### **Nutrition Tips:**

1. Ideally use bread which is 1-2 days old. Any variety will do. 100% whole grain bread will provide additional fiber, protein, antioxidants, and heart-healthy fat than a white, refined bread.
2. Garlic serves as a prebiotic, food for healthy gut bacteria (probiotics). You can add fresh garlic cloves or garlic powder to this recipe, whichever you prefer or have available.
3. Once croutons have cooled completely, you can store in an air-tight container for up to 1 week. Place on top of soup or salad for a carbohydrate source at meals!

### **Source:**

Nicolette Maggiolo is the Registered Dietitian for Home Base, a Red Sox Foundation and Massachusetts General Hospital Program, where she provides individual and group nutrition counseling to veterans and their families. Originally from New York, Nicolette brings her love of cooking, fitness and an integrative approach as she supports patients with individualized nutrition plans.