

# COOKING FOR WELLNESS

## ***Cornbread Croutons***

Total: 25 min  
Prep: 5 min  
Cook: 20 min  
Yield: 4 servings

### **Ingredients:**

- 1 cup of left-over cornbread cut into cubes
- 1/4 tablespoon olive oil
- 1/2 teaspoon smoked paprika



### **Directions:**

1. Preheat oven to 350 degrees F. Lightly grease a large baking sheet, set aside.
2. Gently cube leftover cornbread and transfer to a large mixing bowl.
3. Drizzle 1 TBS of the olive oil over the cornbread. Gently stir.
4. Drizzle the remaining 1 TBS over the cornbread and gently stir to distribute.
5. Sprinkle half of the smoked paprika over the cornbread, stir, and repeat with the second half.
6. Spread cornbread onto the prepared baking sheet in one even layer.
7. Bake in preheated oven for 15-20 minutes, gently flipping the croutons over once halfway through baking (around 6-7 minutes).
8. Remove from oven once they are golden-brown.

### **Nutrition:**

1 serving, prepares 4  
143 calories, 6 g fat, 18 g carb, 3 g protein



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