

Whole Wheat Garlic Bread Sticks

From the United States Department of Agriculture

<https://whatscooking.fns.usda.gov/recipes/supplemental-nutrition-assistance-program-snap/whole-wheat-garlic-bread-sticks>

Ingredients

- 6 slices bread (100% whole wheat)
- 2 tablespoons olive oil
- ½ teaspoon garlic powder
- 1 teaspoon Italian seasoning (or as needed, to sprinkle on)

Instructions

1. Spread each slice of bread with one teaspoon oil.
2. Sprinkle with garlic powder and Italian seasoning.
3. Stack bread and cut each slice into 3 equal parts.
4. Bake at 300 degrees for about 25 minutes or until crisp and lightly browned.

Makes 6 servings

Serving size: 3 slices

Nutrition information per serving

Calories: 120	Dietary Fiber: 2 g
Total Fat: 6 g	Sodium: 150 mg
Saturated Fat: 1 g	Protein: 4 g
Cholesterol: 0 mg	Carbohydrates: 13 g