



Garlic and Herb Pita Chips

These chips are a delicious alternative to store bought chips and are quick to prepare.

U.S.

2 each	Pita Bread, large, whole wheat, with pocket
3 Tbsp	Parmesan cheese, grated
1 1/2 tsp	Garlic powder
1 tsp	Italian seasoning
1/4 tsp	Salt
As needed	Cooking spray

Metric

2 each
18g
4.5g
1g
1.5g
As needed

Preparation:

1. Gather all ingredients and equipment.
2. Preheat the oven for 350°F (180°C).
3. Split each pocket pita so that you end up with 4 round pieces of pita. Cut each round into 8 pieces.
4. Line a baking sheet with parchment paper. Spray with cooking spray. Arrange the pita in a single layer on the sheet tray. Use a second tray if needed - if the pita are touching, they will not get crispy. Spray the pita with cooking spray.
5. In a small bowl, combine the cheese, garlic powder, and seasonings. Mix well.
6. Evenly distribute the seasoning mixture over the top of the pita. Place in the oven for 8 minutes, or until the cheese is melted and the pita is crisp.
7. Remove the chips from the oven, allow to cool, and enjoy.

****Nutrition Facts on Reverse**

Nutrition Facts

4 Servings

Serving size

8 chips

Amount per serving

Calories **100**

Calories from Fat 15

Total Fat 1.5 g

Saturated Fat 0.5 g

Trans Fat 0 g

Monounsaturated Fat 0 g

Cholesterol 5 mg

Sodium 230 mg

Total Carbohydrate 17 g

Dietary Fiber 2 g

Total Sugars 1 g

Includes 0g Added Sugars

Protein 5 g

Vitamin D 0 %

Calcium 4 %

Iron 0 %

Potassium 22 mg

Phosphorus 34 mg
