



## Pita Chips

### U.S.

12 each  
1 Tbsp  
1 tsp  
1/4 tsp  
To taste

Pita Bread, cut into 8 triangles  
Olive Oil  
Seasoning of Choice, no salt added  
Salt  
Black Pepper, ground

### Metric

12 each  
15 ml  
5 g  
1.5 g  
To taste

### **Preparation:**

1. Gather all ingredients and equipment.
2. Preheat oven to 375°F (190°C).
3. Place pita bread in a bowl and toss with olive oil, salt, and pepper.
4. Line a baking sheet with parchment paper. Place pita chips in a single layer on the tray, using a second tray if necessary.
5. Bake in the oven for 10-15 minutes or until the pitas are light brown and the chips are crispy. Check often and flip over if necessary.

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## Nutrition Facts

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12 Servings

**Serving size**                    **8 chips**

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**Amount per serving**

**Calories**                            **150**

Calories from Fat                    10

**Total Fat**                            1 q

    Saturated Fat                    0 q

    Trans Fat                         0 q

    Monounsaturated Fat            1 q

**Cholesterol**                        0 mg

**Sodium**                              150 mg

**Total Carbohydrate**            30 q

    Dietary Fiber                    3 q

    Total Sugars                    0 q

        Includes 0g Added Sugars

**Protein**                              6 q

Vitamin D                            0 %

Calcium                               0 %

Iron                                    0 %

Potassium                            3 mg

Phosphorus                          0 mg

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