



March 12- Baked Pita Chips

Smart Snack

Link: <http://www.diabeticlifestyle.com/recipes/snacks/baked-pita-chips>

Recipe

Ingredients:

6 6-inch pita breads

Cooking spray

Spices of choice

Directions:

1. Preheat oven to 375°F.
2. Cut pita bread into 6 wedges. Gently pull apart each triangle to separate it into 2 pieces, getting 12 triangles per pita.
3. Lay the triangles in a single layer on a large non-stick baking sheet.
4. Lightly coat triangles with cooking spray and sprinkle on spices of choice. Try dried basil, oregano, parsley, or even garlic powder.
5. Bake for about 7 minutes, until pita begins to color. Turn pitas over and continue to bake until crisp and golden brown.

Yield 12 servings

Nutrition Facts

Serving Size 6 slices (25.33g)

Servings Per Container 12

Amount Per Serving

Calories 70 Calories from Fat 0

% Daily Value*

Total Fat 0g 1%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 135mg 6%

Total Carbohydrate 14g 5%

Dietary Fiber <1g 2%

Sugars 0g

Protein 2g 5%

Vitamin A 0% • Vitamin C 0%

Calcium 2% • Iron 4%

* Percent Daily Values are based on a 2,000 calorie diet.