



October 3- Garlic Pita Bread Bites

Not Smart Snack

Link: <http://allrecipes.com/Recipe/Garlic-Pita-Bread-Bites/Detail.aspx?evt19=1>

Recipe

Ingredients:

- 10 ounce package pita bread, cut in half
- 3 Tablespoons butter
- 1 teaspoon crushed garlic
- 1 teaspoon dried Italian seasoning
- 2 Tablespoons grated Parmesan cheese

Directions:

1. Preheat oven to 350 °F.
2. Open pita bread halves and cut into approximately 2 inch pieces. Arrange on a medium baking sheet.
3. In a small saucepan over medium heat, melt butter and mix in garlic and dried Italian-style seasoning. Pour the mixture over pita bread pieces.
4. Sprinkle bread with Parmesan cheese, adjusting the amount as desired. Bake in the preheated oven 10 minutes, or until lightly browned.

Yield 20 servings

Nutrition Facts

Serving Size 1 piece (16.99g)
Servings Per Container 20

Amount Per Serving

Calories 60 **Calories from Fat** 20

% Daily Value*

Total Fat 2g **3%**

Saturated Fat 1g **6%**

Trans Fat 0g

Cholesterol 5mg **2%**

Sodium 85mg **4%**

Total Carbohydrate 7g **2%**

Dietary Fiber <1g **4%**

Sugars <1g

Protein 2g **3%**

Vitamin A 0% • Vitamin C 0%

Calcium 2% • Iron 2%

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