



Garlic Pita Chips

(Makes 32 chips, 8 chips per serving)

Ingredients:

- 2 pita breads
- 4 teaspoons olive or vegetable oil
- 1 garlic clove, crushed

Directions:

1. Heat oven to 350° F.
2. Using a small knife or kitchen scissors, cut along circumference of each pita bread to remove folded edge.
3. Combine oil and garlic in a bowl.
4. Brush each pita round with the oil and garlic mixture.
5. Stack the rounds and then cut into 8 wedges.
6. Arrange wedges in a single layer on a baking sheet and bake for 8-10 minutes until chips are golden brown.

NUTRITION FACTS:

Serving Size: 1/4 cup (37 g)

Servings Per Recipe: 4

Amount per serving

Calories 125
Calories from fat 47
Total Fat 5 g
Saturated Fat 1 g
Cholesterol 0 mg
Sodium 170 mg

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