

**SPENDSMART
EATSMART**

HOMEMADE PITA CHIPS

SERVES: 8

SERVING SIZE: 4 PITA CHIPS

INGREDIENTS

- 4 whole wheat pita pockets
- 1 tablespoon vegetable oil, olive oil, or use oil spray
- 1 1/2 teaspoons garlic powder
- 2 tablespoons thyme, basil, or oregano
- 1/2 teaspoon salt

INSTRUCTIONS

1. Preheat to 350 degrees F.
2. Mix seasonings together in a bowl.
3. Cut around the edges of the pita pockets to make 2 thin rounds. Stack the thin side of each pita in one pile and the thick side in another. Cut into wedges.
4. Place wedges smooth side down, thin on one cookie sheet and thick on another.
5. Spray or brush each wedge with oil. Sprinkle with seasoning mix.
6. Bake thin wedges about 8 minutes and thick wedges about 12 minutes. Half way through flip the chips and cook for 8 to 10 more minutes or until they are fully toasted.
7. Remove from oven and let cool.

TIPS

- Use cinnamon as the seasoning to make sweet pita chips. Serve with fruit salsa or yogurt.
- Substitute for nacho chips in nachos.
- Spread peanut butter on the chips for a quick after school snack.
- Try pita chips with our After School Hummus.
- Chips can be stored for up to 3 days in an air tight container or frozen.

ADDITIONAL RECIPES AVAILABLE AT:

WWW.EXTENSION.IASTATE.EDU/FOODSAVINGS/

Nutrition Facts

Serving Size 4 pita chips
Servings Per Container 8

Amount Per Serving

Calories 100 **Calories from Fat 25**

% Daily Value*

Total Fat 2.5g **4%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 290mg **12%**

Total Carbohydrate 19g **6%**

Dietary Fiber 3g **12%**

Sugars 0g

Protein 3g

Vitamin A 0% • Vitamin C 0%

Calcium 2% • Iron 10%

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Issued in furtherance of Cooperative Extension work, Acts of May 8 and June 30, 1914, in cooperation with the U.S. Department of Agriculture. Cathann A. Kress, director, Cooperative Extension Service, Iowa State University of Science and Technology, Ames, Iowa.

August 2013