

Toasted Pita Chips



Customize this crunchy chip alternative to add the perfect crunch to any dish. Eat these on their own for a whole grain snack or use with your favorite dip or salad.

YIELD 5 SERVINGS	PREP TIME 5 MIN	TOTAL TIME 20 MIN
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INGREDIENTS

5 each Whole Wheat Pita Bread, pocketless
As needed Nonstick Cooking Spray
1/8 tsp Kosher Salt
To taste Black Pepper, ground

Optional Seasoning:

1 – 1 1/2 tsp Salt-Free Seasonings/Herbs of Choice

CHEF'S NOTES

Some seasoning options to try:

- Sweet and spicy: cinnamon and cayenne
- Garlic and herb: grated parmesan cheese, garlic and parsley
- Umami-bomb: nutritional yeast and smoked paprika
- GGCM's Salt-Free Taco Seasoning or Salt-Free Creole Seasoning

DIRECTIONS

1. Gather all necessary equipment and ingredients. Preheat oven to 375°F. Line a baking sheet with parchment paper.
2. Cut each pita into 8 wedges and add to a large bowl. Spray the pita wedges with nonstick cooking spray and gently toss until they are evenly coated.
3. Continue to toss the pita with the salt, pepper and any optional seasonings until evenly coated.
4. Place the pita chips on the parchment-lined baking sheet. Avoid overlapping the chips and if needed, use another tray to make sure not to crowd the chips.
5. Bake for 10-15 minutes or until the pitas are light brown and crispy. Check often and flip over, if needed, to avoid burning.

Nutrition Facts

5 servings per container

Serving Size 8 chips (80 g)

Amount per serving

Calories 220

% Daily Value *

Total Fat 5g 6%

Saturated Fat 1.5g 8%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 440mg 19%

Total Carbohydrate 38g 14%

Dietary Fiber 5g 18%

Total Sugars 3g

Includes 0g Added Sugars 0%

Protein 8g 16%

Vitamin D 0mcg 0%

Calcium 90mg 7%

Iron 2mg 13%

Potassium 1mg 0%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Recipe adapted from *Health meets Food* "Pita Chips" (10/03/18)



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