

Baked Pita Chips

Ingredients:

- 5 whole wheat pitas, cut into 8 triangles
- 4 tablespoons extra-virgin olive oil
- 1/2 teaspoon garlic powder
- 1/2 teaspoon black pepper
- 1 teaspoon dried basil
- Sea salt for seasoning (optional)

Directions:

1. Preheat oven to 400°F.
2. In a small bowl, mix olive oil, garlic powder, pepper, and basil.
3. Place pita triangles on a baking sheet lined with parchment paper; brush one side with olive oil mixture.
4. Bake pita bread for 8-10 minutes, until slightly browned.
5. Remove from the oven and let cool.

Nutrition Facts	
Serving Size (9g)	
Servings Per Container 40	
Amount Per Serving	
Calories 30	Calories from Fat 15
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 30mg	1%
Total Carbohydrate 3g	1%
Dietary Fiber 1g	4%
Sugars 0g	
Protein 1g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
Calories:	2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

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Source: Joyful Foods

