



GARLIC & HERB PITA CHIPS

Basic Lifestyle

INGREDIENTS

4 6-inch whole-wheat pitas
2 TBS extra-virgin olive oil
1 TSP Italian seasoning (such as McCormicks Italian Seasoning grinder)
½ TSP garlic powder
¼ TSP salt

INSTRUCTIONS

—Position oven racks in middle and lower third of oven; preheat to 350 degrees F. Coat 2 large baking sheets with nonstick cooking spray.

—Cut pitas into 8 wedges each and separate each wedge at the fold. Place the pita wedges, rough-side up, in an even layer on the prepared baking sheets. Brush with oil and sprinkle with Italian seasoning, garlic powder and salt.

—Bake the pita wedges, switching the baking sheets halfway through, until golden and crispy, 6 to 10 minutes (depending on the thickness).

SERVING INFO: (Serves 8)

8 pita chips = 1 G

See photo of recipe at [Instagram](#) and [Facebook](#).