

## Pita Chips



### Ingredients:

- 4 whole grain pita bread, cut into quarters
- 2 Tablespoons olive oil

### Directions:

1. Heat oven to 425F.
2. Brush both sides of pita bread with olive oil and place in a single layer on baking sheet.
3. Cook for 5 minutes and then turn the pita and cook for 5 more minutes.
4. Remove from oven, and cool before serving.

Makes 16 pita chips



**Tarrant County Public Health**

<http://health.tarrantcounty.com>