

CUT 

Toasted Pita Crisps



Where service *and savings* matter.

SERVINGS: 32 pita crisps

INGREDIENTS:

NUTRITIONALS

Nutritional analysis per crisp:
calories 23, calories from fat 0,
total fat 0g, saturated fat 0g,
cholesterol 0mg, sodium 43mg,
total carbohydrate 4g, dietary
fiber 1g, protein 1g

4 whole-wheat pita breads
Food Club olive oil cooking spray or extra-virgin olive oil

DIRECTIONS:

1. Preheat oven to 425°F.
2. Cut pitas into 4 triangles each. Separate each triangle into 2 halves at the fold. Arrange, rough side up, on a baking sheet. Spritz lightly with cooking spray or brush lightly with oil. Bake until crisp, 6-8 minutes.

Tip: Store in an airtight container at room temperature for up to 1 week or in the freezer for up to 2 months.

Source: eatingwell.com

visit unitedtexas.com for more recipe ideas

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Shopping List

**WHOLE GRAINS/
BREADS/PASTA:**

- Whole wheat pita bread

**GROCERY/FROZEN/
MISCELLANEOUS:**

- Food Club olive oil cooking spray