

## **Baked Pita Chips**

12 pita pockets

1/2 cup (120 ml) olive oil

1/2 teaspoon (1 g) ground black pepper

1 teaspoon (6 g) garlic salt

1/2 teaspoon (0.7 g) dried basil

1/2 teaspoon (0.6 g) dried chervil

Preheat oven to 400 degrees F (200 degrees C). Cut each pita pocket into 8 triangles and place on a lined cookie sheet. In a small bowl, combine the olive oil and spices. Brush each triangle with the oil mixture. Bake in preheated oven for 6-7 minutes or until brown and crispy. Makes 24 servings (4 triangles).

Nutrition information per serving: 125 calories, 3 grams protein, 5 grams fat, 18 grams carbohydrate, 246 mg sodium.