

# Herb-Baked Pita Chips

Make your own pita chips with this easy recipe.

These easy and tasty snacks are great alone or paired with some salsa or hummus.

## Ingredients:

12 whole-wheat pita bread pockets, 6" diameter  
1/4 cup olive oil  
1/2 teaspoon ground black pepper  
1 teaspoon garlic powder  
1/2 teaspoon dried basil  
1 teaspoon dried chervil or parsley, if preferred.

## Preparation:

Preheat oven to 400 degrees F. Line a baking sheet with parchment paper. Cut each pita pocket into 8 triangles and place on baking sheet.

In a small bowl, combine the oil, pepper, garlic, basil and chervil (or parsley). Brush both sides of each triangle with mixture.

Bake in a preheated oven for about 7 minutes, or until lightly browned and crispy.

Cool and store in air-tight container.

**Serving size:** 4 triangles



## Nutrition Facts

Yield 24 serving

Amount Per Servings

**Calories** 106

**Fat** 3 g

**Saturated fat** 1 g

**Cholesterol** 0 mg

**Protein** 3 g

**Carbohydrates** 18 g

**Fiber** 2 g

**Sodium** 170 mg

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