

VitaMin

Vital health information in a minute

Toasted parmesan pita crisps



Ingredients

- Six (6-inch) whole-wheat pitas
- Cooking spray
- 1/2 cup (2 ounces) grated fresh Parmigiano-Reggiano cheese
- 1/2 teaspoon freshly ground black pepper

Preparation

1. Preheat oven to 350°.
2. Cut each pita in half horizontally; cut each pita half into six wedges to form 72 wedges. Divide the wedges evenly among two baking sheets lined with parchment paper and coated with cooking spray. Lightly coat wedges with cooking spray. Sprinkle cheese and pepper evenly over wedges. Bake at 350° for 11 minutes or until crisp, rotating baking sheets after five minutes.

Yield: Serves 12
(serving size: six chips)
Total: 21 minutes

Nutritional information

Amount per serving

- Calories: 100
- Fat: 1.8g
- Saturated fat: 0.7g
- Monounsaturated fat: 0.4g
- Polyunsaturated fat: 0.4g
- Protein: 4.4g
- Carbohydrate: 17g
- Fiber: 2.4g
- Cholesterol: 2.9mg
- Iron: 1mg
- Sodium: 221mg
- Calcium: 42mg

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