

Appetizer

Spiced Pita Chips

Woman's Day Magazine

Servings: 8

Preparation Time: 15 minutes

Start to Finish Time: 25 minutes

Bake Time: 10 minutes

Chips may be stored at room temperature for up to one week.

6 whole-wheat pitas

1 1/2 teaspoons ground cumin

Kosher salt and pepper

Preheat oven to 425 degrees.

Split each pita in half horizontally. Sprinkle the cut sides with the cumin, 1/2 teaspoon salt and 1/4 teaspoon pepper.

Cut each pita into wedges and divide between two baking sheets. Bake until golden brown and crisp, 8 to 10 minutes.

Per Serving (excluding unknown items): 1 Calories; trace Fat (44.6% calories from fat); trace Protein; trace Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 1mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Fat.