



Pita Chips And Salsa

Ingredients:

2 large whole wheat pita's
2 tbsp. olive oil
sea salt to taste
1 tsp. garlic salt
1 tsp. garlic powder

Directions:

Preheat the oven to 350 degrees F.

Brush one side of each pita pocket with olive oil and then sprinkle with sea salt, garlic salt, and garlic powder.

Slice the pitas into bite-sized pieces and then place in the oven on a non-stick tray for 15-20 minutes, or until lightly brown.

Remove from the oven to cool for 15-20 minutes and then serve with your favorite salsa.

Nutrition information (makes 6 servings): 97 calories, 11.5 grams of carbs, 5 grams of fat, 2.2 grams of protein