



Crispy Garlic Pita

Info:

Makes 4 Servings 80 Calories per Serving

LOW CAL

Ingredients:



- ❖ 2 Large Whole Wheat Pitas
- ❖ 3 Garlic Cloves, grated or finely minced or 1 tsp Garlic Powder
- ❖ 2 Tbsp Parmesan (Fresh!)
- ❖ ¼ tsp Salt
- ❖ ½ tsp Oregano
- ❖ Cooking Spray

Preparation:



1. Preheat oven to broil
2. Cut the pitas in half then pry the two sides apart (you'll have 8 half circles, microwave for 30 seconds if they're stubborn)
3. Lay them rough side up on a baking sheet and lightly spray with cooking spray
4. Mix the rest of the ingredients together and sprinkle evenly on the pitas
5. Broil 2 ½ minutes on the middle rack (not the top!) until golden brown, watch closely they burn quickly!