



Baked Pitás

Makes: 50 child servings

Ingredients

Imperial Measurement	Ingredient	Metric Measurement
1 cup	melted margarine/butter or vegetable oil	250 mL
1 tsp	salt	5 mL
18	whole wheat pitas (7-inch/16.5 cm)	18
Optional:	parmesan cheese herbs, fresh or dried	

Instructions

1. Preheat oven to 350°F (180°C).
2. In a small bowl, combine melted butter/margarine/oil with salt and herbs (if using).
3. Using a large knife or pizza roller, cut pitas into pie-shaped slices (8 slices per pita).
4. Toss pita slices with oil mixture until evenly coated.
5. Alternately, brush pitas with oil and then cut pitas into pie shaped slices.
6. Transfer pitas onto parchment-lined baking sheets.
7. Bake until crispy and slightly golden (approx. 15 minutes). Toss pitas once during baking to ensure even cooking.

Note: These baked pitas can also be used as salad croutons.

Nutrition Information	
Serving ½ Pita (40 g)	
Calories	130
Fat	6 g
	Saturated 1 g
	+ Trans 0 g
Sodium	240 mg
Carbohydrates	18 g
	Fibre 2 g
	Sugars 0 g
Protein	3 g
	Calcium 20 mg
	Iron 1 mg

Food Guide Servings
1 Grain Product