



Pita Chips for Kids

- 2 large whole wheat pita breads
- 2 teaspoons vegetable oil
- 2 Tablespoons grated parmesan cheese
- ½ teaspoon salt
- 2 teaspoons garlic powder
- 1 teaspoon oregano or dried basil or ½ teaspoon of each

Preheat the oven to 375 degrees.

Pour the oil into a shallow bowl. Measure the parmesan, salt, garlic powder and oregano/basil into a separate bowl and stir carefully to combine.

Gently separate the pita into two halves, then cut each half into 4 triangles. Place the triangles onto a non-stick cookie or baking sheet or broiler pan covered with foil. Brush each piece with a little bit of oil. Sprinkle the seasoning onto the pita.

Ask an adult to help you put the chips into the oven. Let them bake until they are crisp, about 5-7 minutes. Watch them to be sure they don't burn! Let them cool, then enjoy. Best eaten right away.

Skills: Measuring, "a little bit", brushing, sprinkling.

Equipment: baking sheet, pastry brush

Adapted from *Kids in the Kitchen* by Micah Pulley and Sarah Bracken

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