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# Wholemeal pita chips

**Belinda Vaughan**

These taste better than any packaged chips (according to both my kids), but I am yet to meet anyone who disagrees! Better yet, they are a much healthier (and cheaper) version than any chip you will buy. Plus you save the environment from more chip packets.

These are perfect for parties, work snacks and the school lunch box.

**Serves:** Makes 80 large wedge chips

**Prep and cooking time:** 1 hour

## Ingredients:

- 1 packet wholemeal pita bread (5 large / 500g) (Henry's at Stud Park sell these for \$1 per packet)
- 150g (approx) Parmesan cheese (finely grated)
- 250ml (approx) olive oil
- 1-2 cloves of fresh garlic (crushed)
- Dried Italian herbs (Italian herb mix or combine your favourite herbs)

## Method:

1. Turn on your oven fan grill to 200°C
2. Combine olive oil, crushed garlic and herbs in a bowl and set aside.
3. Split open each of the pieces of pita bread, so you are left with two whole rounds out of one bread. This will leave you with 10 rounds of pita bread. I use kitchen scissors and cut around the seam then gently pull apart.
4. Using a pizza tray, lay one round of bread on the tray. Brush the oil lightly all over the bread then lightly sprinkle with cheese. If you use too much cheese, the chips become a bit too soft. If you use too much oil, the chips become a bit too greasy.
5. Using kitchen scissors, now cut the pita bread into 8 large wedges (like pizza slices). Alternatively, cut them into smaller triangles if you want to replicate 'Dorito' style chips.
6. Place under the grill for about 3 minutes or until lightly browned (they brown fast so keep an eye on them).
7. Take out of the grill and place chips on cooling rack to harden.
8. Repeat steps 4-7 for each of the pita bread rounds.
9. Store chips in an airtight container. They should keep for around 4-5 days max.

## Notes:

- This recipe should be enough to provide for one party (or 1 week worth of school snacks for two kids), so if you don't need such a large quantity, half the ingredients (and half the cooking time). However, they are addictive, so I always have to make this large quantity for my family!
- Chips can be eaten on their own or accompany with a salsa or avocado dip.
- For a **vegan alternative**, omit the cheese. These chips taste just as nice.
- For a different flavour, get creative! Add your own spice / herb mix instead of the Italian herbs. Chilli, paprika, curry spices will also work well.

## Price break down\*

Per recipe = **\$5.78**. Per chip = **7c**. Per lunchbox snack (4 chips, 35g) = **28c (1.12 per 100g)**

- Wholemeal pita bread packet 5 pack (500g) from Henry's Mercato = \$0.98
- Coles shredded parmesan cheese 250g packet = \$2.80
- Coles olive oil 250ml = \$1.50
- 1-2 cloves of fresh garlic = \$0.20
- Dried Italian herbs (Italian herb mix or combine your favourite herbs) = \$0.30

**Comparison snack:** Doritos 6 pack (20g individual packs) = **\$3.14** Per lunchbox snack (20g) = **52c (\$2.75 per 100g)**



Nutrition Information		
Servings per package:	20.00	
Serving size:	40.00 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	864 kJ	2160 kJ
Protein	5.6 g	14.0 g
Fat, total	13.5 g	33.8 g
- saturated	3.0 g	7.6 g
Carbohydrate	14.5 g	36.3 g
- sugars	0.6 g	1.5 g
Sodium	122 mg	304 mg

\*Prices taken from Coles VIC on 16.07.18 unless otherwise stated

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