

Allium Foodworks

Personal Chef Service

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Elaine's Pita Chips

pita bread, white or whole wheat (1 pita makes about 10-12 chips)
olive oil cooking spray
salt (or) seasoning spice of choice

1. Preheat oven to 350-degrees.
2. Spritz each side of a pita with olive oil cooking spray.
3. Sprinkle each side of spritzed pita with seasoning spice of choice.
4. Cut the pita into about 10-12 triangles.
5. Arrange triangles on a baking sheet and bake about 15 minutes until crisp and starting to brown.
6. Great snack and delicious with Cashew Butter Hummus.

Tip: Freshest possible pita makes the best triangle or other shaped chips.

Tip: For less work chips, bake it whole and then break it apart after baking for more rustic chips. This method is best if using dry or older pita that is rather firm.

Tip: To make appetizer sizes, cut a pita into 1" squares (or slightly larger)

Tip: Pita Bread in Edmonton - My favourite pita is Sunbake Pita Bakery - check my resources page for the address. Great little restaurant, too. You can buy their pita at their store in Castledowns, El Safadi Market, the Italian Market (both locations) and other shops. Buy a lot, then freeze immediately in large freezer bags so you always have some fresh on hand.

Tip: Olive oil cooking spray - Mazola brand is my preference as there is no artificial or residual flavour.

Tip: Seasoning spice - have fun with this! Mrs. Dash Chipotle, Montreal Chicken Spice, Paul Prudhomme's spices, Cajun Spice (see my recipe for a homemade blend), seasoning salt, lemon pepper. One of my personal favourite's is Hella's Souvlaki Blend. It's intended to make souvlaki, but I prefer it to make pita chips. If you're in Edmonton, check out my resources page on my web site for more information and the address.

Who says you can't play with your food!