

Toasted Whole Wheat Pita Triangles

Our Young Chefs, 2015

Makes 9 dozen toasted pita triangles; 8 to 12 servings

If you would like to cut back on the fat you eat without sacrificing flavor and crunch, try these as scoops for hummus, bean dip, guacamole or salsa!



INGREDIENTS

1 12-ounce package whole wheat pita rounds (6 loaves) OR



Heat the pita loaves until the loaves are puffed like balloons



Use a serrated knife to separate each pita loaf horizontally into 2 circles

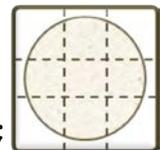
DIRECTIONS

Prepare the pita rounds for toasting: Preheat the oven to 400°F.

Place the **pita loaves** on two foil-lined rimmed baking sheet pans; heat in the oven for 3 to 5 minutes, until the **loaves** are puffed, like balloons.

Remove the **loaves** from the oven; with clean scissors OR a serrated knife, separate each loaf horizontally into 2 circles.

Cut into shapes: Use a serrated knife OR a pizza wheel to cut each **pita circle** into 3 strips; turn 90° (a quarter turn) and cut into 3 strips. This will create a total of **9 pieces** per **pita circle**; a total of **18 pieces** for each **pita loaf**.



Pita cut in 9 pieces

Alternately, use a serrated knife OR a pizza wheel to cut each **pita circle** into **8 wedges/triangles** by cutting across the **pita circle** 4 times; a total of **16 pieces** for each **pita loaf**.



Pita cut in 8 pieces

Vegetable oil spray OR olive oil spray
OR vegetable oil OR olive oil
Za'atar* Middle Eastern spice mix
OR other low-salt flavoring blend (*optional*)

Bake and serve the pita shapes: Place the **pita shapes**, rough side up, on the foil-lined baking sheet pans. Spray very lightly with oil OR very lightly brush with oil using a pastry brush. As an optional step, sprinkle the **pita shapes** with a light amount of **za'atar*** OR other low-salt flavoring blend, if desired.

Bake the **pita shapes** at 400°F for 5 to 7 minutes, until lightly browned and crisp. Serve warm or at room temperature. Store leftovers wrapped in foil at room temperature.

Note: Do not leave the kitchen while the pita triangles are baking! Check frequently, so that they do not burn.

*Za'atar is a flavoring blend found at many grocery stores consisting of select dried herbs (among them, generally dried thyme or oregano), sesame seeds, dried sumac and salt.