



## **Pita Crisps**

3 6-inch whole-wheat pita breads  
1/4 cup very finely snipped fresh parsley  
2 green onions, finely chopped  
1 teaspoon extra-virgin olive oil  
3/4 teaspoon dried basil, crumbled  
1/2 teaspoon dried rosemary, crushed  
1 medium clove garlic, minced  
Olive oil spray  
2 tablespoons grated Parmesan cheese

Preheat oven to 350 degrees.

Separate each pita bread into 2 round single layers. In a small bowl, combine parsley, green onions, olive oil, basil, rosemary, and garlic. Stir well. Spread mixture evenly over pita breads. Lightly spray tops with olive oil spray, then sprinkle with Parmesan cheese. Cut each pita bread half into 6 wedges. Bake on an ungreased baking sheet for 12 minutes, or until crisp. Serve warm.

**Serves 6.** *Per serving (6 wedges): 81 calories, 3 grams fat, 15 grams carbohydrate, 126 mg sodium, 3 mg cholesterol, 3 grams fiber.*

From our “Cookbook of the Quarter,” *The New American Heart Association Cookbook*, available at the Asheville Barnes & Noble discounted 20% through March.

It is always a challenge to find healthy hors d’oeuvres recipes. These pita crisps are low fat and delicious. Jan Stokes recently prepared this recipe for her husband, Heart Path participant Bill Stokes. They both found that their urge for something crunchy was well satisfied by this recipe. Jan made several modifications; she used dried parsley instead of fresh and eliminated the onion and cheese. (It is quite good following the recipe exactly as listed, too.) For a light evening meal try the crisps with [black bean soup \(February’s Recipe of the Month\)](#) and a salad.

Your partners in health,  
**Candace and Lucy**