Pita Chips
Cheap Fast and Healthy, Jan. 29th

Ingredients:
- 12 pita bread pockets
- ½ cup olive oil
- ½ teaspoon ground black pepper
- 1 teaspoon garlic salt
- ½ teaspoon dried basil

Directions:
1. Preheat oven to 400 degrees F.
2. Cut each pita bread into 8 triangles. Place triangles on lined cookie sheet.
3. In a small bowl, combine the oil, pepper, salt, and basil. Brush each triangle with oil mixture.
4. Bake in the preheated oven for about 7 minutes, or until lightly brown. Careful, they burn easily!

Guacamole
Cheap Fast and Healthy, Jan. 29th

Ingredients:
- 3 avocados
- 2 roma tomatoes diced
- 1 lime
- 1 teaspoon minced garlic
- 1 teaspoon salt
- ½ cup diced onions
- 3 tablespoons chopped fresh cilantro

Directions:
1. Peel the avocados. Chop the cilantro, tomatoes, and onions. Mince the garlic.
2. In a medium bowl, mash together the avocados, lime juice, and salt. Mix in the onion, cilantro, tomatoes, and garlic.