

DAIRY FREE

Fresh Herb Pita

5 October 2026

TOTAL TIME	SERVES	PER SERVING	CALORIES
45 min	6	\$0.28	83 kcal

Fresh Herb Pita requires approximately 45 minutes from start to finish. One serving contains 83 calories, 2g of protein, and 4g of fat. For 28 cents per serving, this recipe covers 2% of your daily requirements of vitamins and minerals. This recipe serves 6.

Ingredients

- ☐ 2 tablespoons mixed chopped fresh herbs (such as rosemary, thyme, and oregano)
- ☐ 1½ tablespoons olive oil
- ☐ ¾ tablespoon fresh lemon juice
- ☐ 2 pita rounds

EQUIPMENT Oven, Grill, Aluminum foil

Method

- 1

Heat oven to 350 F or a grill to medium-high.
- 2

Brush pita rounds with mixture of olive oil and fresh lemon juice.
- 3

Sprinkle with mixed chopped fresh herbs. Set the bread on a piece of foil.
- 4

Place in oven or on a grill and heat until the pitas are hot and golden, 3 to 5 minutes. Before serving, drizzle with more olive oil and sprinkle with salt.

Nutrition per serving

83
KCAL

2 g
PROTEIN

4 g
FAT

11 g
CARBS

Saturated Fat	0.5 g · 3% of daily needs
Fibre	0.5 g · 2% of daily needs
Sugar	0.1 g · 0% of daily needs
Sodium	101 mg · 4% of daily needs
Cholesterol	0 mg · 0% of daily needs
Vitamin C	2.5 mg · 3% of daily needs

Adapted from My Recipes. Find this recipe, ratings and more ideas at whatsheate.com/fresh-herb-pita-147951