

One of the things that I miss when dieting is snacks. Something that is satisfying or just crunchy. The following recipes will help with that.

Salt & Garlic Pita Chips

¼ cup of olive oil
2 garlic cloves, minced finely
6 pita bread (6 inch), split in half
¾ teaspoon kosher salt

In a bowl, whisk oil and garlic. Brush over rough side of pita halves, sprinkle with salt. Cut each pita half into 6 wedges. Place rough side up on an ungreased baking sheet.

Bake at 350 degrees for 12-15 minutes or until crisp and golden brown. Cool on wire racks. Store in an airtight container. (1 Chip equals 21 calories, 3 grams carbs, 46 mg sodium.)

Ham Asparagus Spirals

20 fresh asparagus spears, trimmed
20 thin slices of deli ham
1 package of refrigerated Italian breadsticks and garlic spread

In a large skillet, bring a ½ inch of water to boil, add asparagus. Reduce heat and simmer for 2-3 minutes. Drain and immediately place asparagus in ice water, drain and pat dry.

Wrap a slice of ham around each asparagus spear. Unroll breadstick dough, spread with garlic spread. Cut each breadstick in half lengthwise. Wrap one piece of dough, garlic side out, around each ham wrapped asparagus spear.

Place on an ungreased baking sheet. Bake at 375 degrees for 13-15 minutes or until golden brown. Serve immediately. (1 spear equals 49 calories, 2 grams fat, 154 mg sodium, 7 grams carbs, 2 grams protein.)