

Garlic-Oregano Grilled Pita Bread

Author: *Gourmet* | August 2009 by Gina Marie Miraglia Eriquez

Carolyn T's
Main Cookbook

Servings: 8



3 tablespoons extra-virgin olive oil
2 whole garlic cloves, smashed
2 tablespoons finely chopped oregano, or thyme
6 whole pocketless pita bread rounds (6-to 8-inch) - if not available, use regular pita rounds

Kosher salt to taste

Serving Ideas: Can be served with any kind of dip/spread, but it was combined with a red bell pepper and walnut spread when I first had it.

Blog: Carolyn T's Blog:
<http://tastingspoons.com>

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Per Serving (excluding unknown items): 170 Calories; 6g Fat (29.9% calories from fat); 4g Protein; 25g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 241mg Sodium. Exchanges: 1 1/2 Grain(Starch); 0 Vegetable; 1 Fat.

Description:

1. Heat oil in a small heavy skillet over medium heat until it shimmers. Cook garlic, turning once, until pale golden, about 1 minute. Discard garlic and remove skillet from heat, then stir in oregano.
2. Prepare grill for direct-heat cooking over medium-hot charcoal (medium-high heat for gas).
3. Oil grill rack. Grill pitas, 3 at a time, covered only if using a gas grill, turning once, until grill marks appear, about 2 minutes total per batch. Transfer to a cutting board and brush both sides with garlic-oregano oil. Cut pitas into wedges. Sprinkle with kosher salt. Serve warm.
4. Cooks' note: Pitas can be grilled in an oiled hot 2-burner grill pan over medium heat.
5. Or, for an EASY preparation, heat pitas in microwave then brush with some extra virgin olive oil (garlic oil if you have it), sprinkle with dry oregano (or thyme) and salt. Cut in wedges and serve hot.