



## Baked Tortilla Chips

Makes: 6 servings (4 chips per serving)

Preparation Time: 5 minutes

Cooking Time: 10 minutes

### Ingredients

Nonstick cooking spray

3 (10 inch) corn, whole wheat flour, or white flour tortillas

Salt

### Directions

1. Preheat oven to 400°F.
2. Collect all ingredients before starting to prepare the recipe.
3. Lightly spray a baking sheet with cooking spray.
4. Cut tortillas into 8 sections each (as if you were cutting a pizza), and place in a single layer on the baking sheet.
5. Spray tops of tortillas with cooking spray, and lightly sprinkle with a small amount of salt.
6. Bake for 8 to 10 minutes or until crisp and light brown. Watch closely so the chips don't burn.
7. Cool for a few minutes after taking out of the oven before serving.
8. Store in an airtight container on the counter for 3 to 5 days. Reheat in the oven.

**Be creative!** Serve with *Mango Salsa* or *Zesty Bean Dip* from the *Eating Smart • Being Active Let's Cook!* cookbook or other salsas, dips, soups, or salads.

### Flour Tortillas

<b>Nutrition Facts</b>	
6 servings per container	
<b>Serving size</b>	<b>4 Chips (25g)</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>70</b>
% Daily Value*	
<b>Total Fat</b> 2g	<b>3%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 180mg	<b>8%</b>
<b>Total Carbohydrate</b> 12g	<b>4%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars 1g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 2g	<b>4%</b>
Vitamin D 0mcg	<b>0%</b>
Calcium 40mg	<b>4%</b>
Iron 1mg	<b>6%</b>
Potassium 33mg	<b>0%</b>
<small>*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

### Corn Tortillas

<b>Nutrition Facts</b>	
6 servings per container	
<b>Serving size</b>	<b>4 Chips (17g)</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>35</b>
% Daily Value*	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 0mg	<b>0%</b>
<b>Total Carbohydrate</b> 7g	<b>3%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars 0g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 1g	<b>2%</b>
Vitamin D 0mcg	<b>0%</b>
Calcium 10mg	<b>0%</b>
Iron 0mg	<b>0%</b>
Potassium 0mg	<b>0%</b>
<small>*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	