



Baked Tortilla Chips

Makes: 6 (4 chips) servings

Preparation Time: 5 minutes

Cooking Time: 10 minutes

Ingredients

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

Cooking oil spray

Salt (optional)

Directions

1. Preheat oven or toaster oven to 400°F.
2. Lightly grease a baking sheet with cooking spray.
3. Cut tortillas into 8 sections (as if you were cutting a pizza) and place on baking sheet.
4. Spray tops of tortilla sections with cooking spray and lightly salt, if desired.
5. Bake for 10 minutes, until crisp and light brown, watching closely so the chips don't burn.

Be Creative!
 Serve with soups, salads, salsa or dip.

Nutrition Facts

Serving Size 4 Crisps (36g)	
Servings Per Container 6	
Amount Per Serving	
Calories 110	Calories from Fat 25
% Daily Value*	
Total Fat 3g	5%
Saturated Fat 0.5g	3%
Trans Fat --g	
Cholesterol 0mg	0%
Sodium 230mg	10%
Total Carbohydrate 18g	6%
Dietary Fiber 1g	4%
Sugars 1g	
Protein 3g	

Eat Smart: Make Half Your Grains Whole!



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