



"Cheesy" Tortilla Chips

U.S.

4 each	Corn Tortillas
As needed	Cooking Spray, 100% canola or olive oil
1/4 tsp	Onion Powder
1/4 tsp	Garlic Powder
1/8 tsp	Paprika
1/8 tsp	Kosher Salt
1/2 Tbsp	Nutritional Yeast

Metric

4 each
As needed
0.75g
0.75g
0.5g
0.75g
2.5g

Preparation:

1. Gather all ingredients and equipment. Preheat oven to 325°F (165°C).
2. Cut the corn tortillas into 8 equal sized triangles each.
3. Using the cooking spray, spray the inside surface of the bowl. Place the tortilla triangles into the bowl, and then give one 4 second spray over the surface of the triangles. Toss gently.
5. Spread the tortilla triangles in a single layer on a baking sheet. If there are too many chips for one layer you can use a second baking sheet. Place the tortillas in the oven and bake for 10 minutes or until the edges begin to brown and the tortillas are crisp. Note: the chips will continue to harden after you take them out of the oven.
4. In a small bowl, combine the onion powder, garlic powder, paprika, salt, and nutritional yeast.
5. Optional: Using a spice grinder or mortar & pestle, grind all of the spices together until a fine powder is formed.
5. Place the baked chips in a medium bowl. Using the cooking spray, gently spray the chips with an even coating of oil. Cover the chips in half of the spice mixture. Then toss and use the remaining seasoning in order to have an even amount of spices on each chip.

Nutrition Facts

4 Servings

Serving size

8 chips

Amount per serving

Calories **50**

Calories from Fat 5

Total Fat 1 g

Saturated Fat 0 g

Trans Fat 0 g

Monounsaturated Fat 0 g

Cholesterol 0 mg

Sodium 65 mg

Total Carbohydrate 11 g

Dietary Fiber 2 g

Total Sugars 1 g

Includes 0g Added Sugars

Protein 1 g

Vitamin D 0 %

Calcium 0 %

Iron 0 %

Potassium 5 mg

Phosphorus 2 mg
