



Tortilla Chips

Try seasoning chips with lime zest, chili powder, or taco seasoning.

U.S.

12 each
2 tsp
1/4 tsp

Corn Tortillas
Olive Oil
Salt

Metric

12 each
10mL
1.5 g

Preparation:

1. Gather all ingredients and equipment. Preheat oven to 350°F (175°C)
2. Cut the tortillas into 8 wedges and add to a large bowl.
3. Drizzle the oil over the tortillas. Gently toss the tortillas until they are evenly coated in oil.
4. Add salt and seasonings to bowl and toss to coat. **Optional Step:** Grind salt and spices in a spice grinder or mortar and pestle. This will help them to stick better and create a more even coating.
5. Spread tortillas evenly on a baking sheet lined with parchment paper. Try to avoid overlapping the chips.
6. Bake for 10 to 14 minutes or until chips start to turn light brown on the edges.
7. Allow to cool before serving - the chips will continue to crisp up as they cool down.

Nutrition Facts

12 Servings

Serving size **8 chips**

Amount per serving

Calories **60**

Total Fat	1.5 g
Saturated Fat	0 g
Trans Fat	0 g
Monounsaturated Fat	0.5 g
Cholesterol	0 mg
Sodium	55 mg
Total Carbohydrate	11 g
Dietary Fiber	2 g
Total Sugars	0 g
Includes 0g Added Sugars	
Protein	1 g
Vitamin D	0 %
Calcium	0 %
Iron	0 %
Potassium	0 mg
Phosphorus	0 mg
