



Tortilla Chips

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

U.S.

12 each
As needed
1/4 tsp
As needed

Corn Tortillas
Cooking Spray, preferably 100% oil
Salt
Pepper

Metric

12 each
As needed
1.5 g
As needed

Preparation:

1. Gather all ingredients and equipment.
2. Preheat oven to 400°F (200°C)
3. Cut the tortillas into 6-8 wedges and place in a medium or large bowl.
4. Spray oil into bowl and toss until tortillas are very lightly coated. A little oil goes a long way.
5. Add seasonings to bowl and toss to coat.
6. Spread tortillas evenly on a sheet pan lined with parchment paper. Try to avoid overlapping the chips.
7. Bake for 10 to 14 minutes or until chips start to turn light brown then remove from oven and allow to cool before eating.

Nutrition Facts

12 Servings

Serving size **8 chips**

Amount per serving

Calories **60**

Calories from Fat 15

Total Fat 1 g

 Saturated Fat 0 g

 Trans Fat 0 g

 Monounsaturated Fat 0 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
