

Tasty Trail Mix



To make 4 (1 cup) servings, combine:

- 2 cups low-fat microwave popcorn
- 1 $\frac{1}{2}$ cups honey nut cheerios
- $\frac{1}{2}$ cup raisins
- $\frac{1}{4}$ cup honey roasted soy nuts*
- $\frac{1}{4}$ cup dark chocolate chips

*Roasted soy nuts can usually be found in the produce aisle at any supermarket

Nutrition Information, per serving: 200 calories, 6g fat (2.5g saturated fat), 0 cholesterol, 150mg sodium, 36g carbohydrate, 4g fiber, 5g protein.

Baked Tortilla Chips

6 servings

- 12 (6 inch) corn tortillas
- Cooking spray (like PAM)
- $\frac{1}{4}$ tsp. salt or garlic powder

- 1) Preheat the oven to 400 degrees.
- 2) Cut each tortilla into 6 wedges.
- 3) Place wedges on a baking sheet and spray lightly with cooking spray.
- 4) Sprinkle with salt and bake for 6 - 8 minutes or until crisp. Do not over-brown or the chips will taste burnt!
- 5) Cool and store in sealable plastic bags.



Serve with salsa or a little guacamole!

Nutrition information per serving (12 chips): 115 calories, 1g fat, 0 saturated fat, 0 cholesterol, 125mg sodium, 24g carbohydrate, 3g fiber, 3g protein.

Health Note: Corn tortillas are considered a source of "whole grains".

Recipes provided by Pauline Genter, MS, RD, LD, MSU Nutrition Health Educator.
For more recipes, visit our website www.mnsu.edu/shs/bmc