

## 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.

These chips are less expensive & healthier than store bought chips!

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

Nutrition Information per serving (12 chips):

115 calories  
1 g total fat  
0 g saturated fat  
0 g cholesterol  
124 mg sodium  
24 g carbohydrate  
3 g dietary fiber  
3 g protein

Nutrition questions or concerns??? Contact Rebecca Gruenes MS, RD,  
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