

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