Baked Tortilla Chips
6 servings
12 (6 inch) corn tortillas
Cooking spray (like PAM)
¼ 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