



EATING SMART
BEING ACTIVE

Baked Tortilla Chips

Makes: 6 servings (4 chips per serving)

Preparation Time: 5 minutes

Cooking Time: 10 minutes

Ingredients

Nonstick cooking spray

3 (10 inch) corn, whole wheat flour, or white flour tortillas

Salt

Directions

1. Preheat oven to 400°F.
2. Wash hands with soap and water.
3. Collect all ingredients before starting to prepare the recipe.
4. Lightly spray a baking sheet with cooking spray.
5. Cut tortillas into 8 sections each (as if you were cutting a pizza), and place in a single layer on the baking sheet.
6. Spray tops of tortillas with cooking spray, and lightly sprinkle with a small amount of salt.
7. Bake for 8 to 10 minutes or until crisp and light brown. Watch closely so the chips don't burn.
8. Cool for a few minutes after taking out of the oven before serving.
9. Store in an airtight container on the counter for 3 to 5 days. Reheat in the oven.

Be creative! Serve with *Mango Salsa* or *Zesty Bean Dip* from the *Eating Smart • Being Active Let's Cook!* cookbook or other salsas, dips, soups, or salads.

Nutrition Facts	
6 servings per container	
Serving size	4 Chips (25g)
Amount Per Serving	
Calories	70
	% Daily Value*
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 180mg	8%
Total Carbohydrate 12g	4%
Dietary Fiber 1g	4%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 2g	4%
Vitamin D 0mcg	0%
Calcium 40mg	4%
Iron 1mg	6%
Potassium 33mg	0%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Flour Tortillas

Nutrition Facts	
6 servings per container	
Serving size	4 Chips (17g)
Amount Per Serving	
Calories	35
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 7g	3%
Dietary Fiber 1g	4%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 1g	2%
Vitamin D 0mcg	0%
Calcium 10mg	0%
Iron 0mg	0%
Potassium 0mg	0%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Corn Tortillas



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