Homemade Tortilla Chips

Prep Time: 5 minutes  Total Time: 15 minutes

Ingredients

- Nonstick cooking spray
- 2 whole-wheat tortillas
- ⅛ teaspoon salt

Directions

- Heat oven to 350°F.
- Lightly grease a baking sheet with nonstick cooking spray.
- Cut tortillas into 8 sections and place on the baking sheet.
- Spray tops of tortillas with nonstick cooking spray and lightly salt, if desired.
- Bake for 10 minutes, until crisp and light brown. Watch closely so the chips do not burn.

Nutrition Facts

- 1 serving (20.19g)
- Calories: 50
- Total Fat: 2.5g (3%)
- Saturated Fat: 1g (5%)
- Trans Fat: 0g
- Cholesterol: 0mg (0%)
- Sodium: 160mg (7%)
- Total Carbohydrate: 8g (3%)
- Dietary Fiber: 2g (7%)
- Total Sugars: 0g
- Includes g Added Sugars
- Protein: 2g

Quick Tips

- Pair with our Fresh Salsa or Black Bean and Corn Salsa.
- For extra flavor, season the tortillas with cumin or chili powder or spritz with lime juice.
- Don’t have nonstick cooking spray available? Use canola or olive oil in place of nonstick cooking spray.

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(Recipe from: https://www.choosemyplate.gov.)

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