

# Eat Smart • Move More

## Homemade Tortilla Chips

Prep Time: 5 minutes

Total Time: 15 minutes



### Ingredients

Nonstick cooking spray  
2 whole-wheat tortillas  
1/8 teaspoon salt

### Nutrition Facts

4 servings per container	
<b>Serving size</b>	<b>1 serving</b>
	<b>(20.19g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>50</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 2.5g	<b>3%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 160mg	<b>7%</b>
<b>Total Carbohydrate</b> 8g	<b>3%</b>
Dietary Fiber 2g	<b>7%</b>
Total Sugars 0g	
Includes g Added Sugars	
<b>Protein</b> 2g	
Vitamin D 0mcg	0%
Calcium 0mg	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.

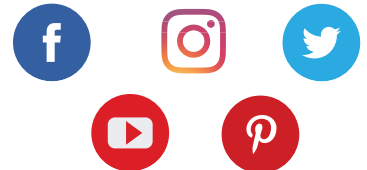
### Directions

- 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.

### 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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