



## Make a Change



**EFNEP**

Expanded Food and Nutrition Education Program

# Baked Tortilla Chips

Makes: 6 servings of 4 chips

Preparation Time: 5 minutes

Cooking Time: 15 -20 minutes

### *Ingredients*

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

Cooking oil spray

Salt (optional)

### *Directions*

1. Preheat oven or toaster oven to 400 degrees F.
2. Lightly grease a baking sheet with the cooking spray.
3. Cut tortillas into 8 sections (as if you were cutting a pizza) and place on baking sheet.
4. Spray tops of tortilla sections with cooking spray and lightly salt, if desired.
5. Bake for 15-20 minutes, until crisp and light brown, watching closely so the chips don't burn.

#### *Be Creative!*

Serve chips with salsa and/or dip.  
The chips are also good with soups and salads.

*Eat Smart: Make Half Your Grains Whole!*

### **Nutrition Facts**

Serving Size 4 Crisps (36g)  
Servings Per Container 6

Amount Per Serving

**Calories 110**      **Calories from Fat 25**

% Daily Value\*

**Total Fat 3g**      **5%**

Saturated Fat 0.5g      **3%**

Trans Fat --g

**Cholesterol 0mg**      **0%**

**Sodium 230mg**      **10%**

**Total Carbohydrate 18g**      **6%**

Dietary Fiber 1g      **4%**

Sugars 1g

**Protein 3g**

