

Homemade Tortilla Chips



Making your own chips from whole grain corn tortillas is easy and allows you to control your fat, sodium, and portion size!

YIELD 12 SERVINGS	PREP TIME 5 MIN	TOTAL TIME 20 MIN
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INGREDIENTS

12 each Corn Tortillas
¼ tsp Kosher Salt
 Cooking Spray

Optional Seasoning:

1 – 1 ½ tsp Dry Spices/Herbs
 Ex: Garlic Powder, Chili
 Powder, Taco Seasoning,
 Creole Seasoning, Nutritional
 Yeast, Cinnamon & Nutmeg

CHEF'S NOTES

These chips can be made with any seasonings you like, or just eat them plain! Try making a cheesy herb or sweet and savory profile to pair well with every dip.

We recommend only making the amount you need at one time because you'll have built in portion control and they tend to soften when stored.

DIRECTIONS

1. Gather all necessary equipment and ingredients. Preheat oven to 350°F. Line two half-sheet pans with parchment paper or foil.
2. Cut the tortillas into 8 wedges and add to a large bowl. In the bowl, spray the tortillas with a few quick bursts of cooking spray and toss to coat.
3. Add the salt and any optional seasonings and toss to evenly coat.
4. Spread the tortillas evenly on a baking sheet, avoiding overlapping the chips. If needed, divide into two baking sheets to make sure to not crowd the chips.
5. Bake for 10 to 14 minutes or until chips start to turn light brown on the edges.
6. Allow to cool before serving – they will continue to crisp as they cool down. Serve with your favorite dip like salsa or hummus.

Nutrition Facts

12 servings per container

Serving size 8 chips (24g)

Amount Per Serving

Calories 50

% Daily Value*

Total Fat 0.5g 1%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 50mg 2%

Total Carbohydrate 11g 4%

Dietary Fiber <1g 4%

Total Sugars <1g

Includes 0g Added Sugars 0%

Protein 1g 2%

Vitamin D 0mcg 0%

Calcium 10mg 0%

Iron 0.1mg 0%

Potassium 40mg 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.

Recipe from Health meets Food "Tortilla Chips" (8/1/19)



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