



February 18- Baked Tortilla Chips

Smart Snack

Link: <http://www.whatscooking.fns.usda.gov/recipes/supplemental-nutrition-assistance-program-snap/baked-tortilla-chips>

Recipe

Ingredients:

3 flour tortillas (10-inch, whole wheat)

Cooking oil spray

Salt (optional)

Directions:

1. Preheat oven or toaster oven to 400°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 10 minutes, until crisp and light brown, watching closely so the chips don't burn.

Yields 6 servings

Nutrition Facts

Serving Size 4 chips (15.14g)

Servings Per Container 6

Amount Per Serving

Calories 45 **Calories from Fat** 10

% Daily Value*

Total Fat 1g **2%**

Saturated Fat 0g **1%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 105mg **4%**

Total Carbohydrate 8g **3%**

Dietary Fiber 0g **1%**

Sugars <1g

Protein 1g **2%**

Vitamin A 0% • Vitamin C 0%

Calcium 0% • Iron 2%

* Percent Daily Values are based on a 2,000 calorie diet.