

Homemade Tortilla Chips

Prep time: 10 minutes Cook time: 15 minutes

Serving size: 12 tortillas make 72 chips

Ingredients:

- Corn tortillas (standard kind/nothing super fancy)
- Kosher salt

****Can be baked or microwaved****

Directions:

***Baked-**

1. Preheat the oven to 350°F.
2. Cut each tortilla into 6 wedges. (triangle shaped)
3. Spread the tortilla wedges out on a baking sheet in a single layer. Bake the tortilla wedges for about 6 minutes; use tongs to turn the wedges over.
4. Sprinkle with a little salt and bake for another 6-9 minutes – until they are just beginning to color.
5. Remove from the oven and let cool. Sprinkle with more salt to serve.

***Microwaved-**

1. Cut the tortillas into wedges
2. Line the microwave oven with a paper towel. Working in batches if necessary, spread the tortilla wedges over the paper towel in a single layer, with an inch or so between the wedges.
3. Microwave until the tortilla chips are crispy, but not burnt. The time will vary depending on the strength of the microwave and how many tortillas are being cooked.
4. Sprinkle with salt to serve.

****Tip:** Tortillas are made from maize meal, as well as from wheat flour. Home-made and store-bought tortillas can be made in many flavors and varieties. Tortillas, specifically maize, are naturally low in fat and sodium, and provide calcium, potassium, fiber, iron and B vitamins.

Nutrition Facts (per chip):

Calories: 10

Sodium: .5mg

Total Carbohydrate: 2g

Fiber: .2g

Total Fat: .2g

Cholesterol: 0mg

Sugar: 0g

Protein: .2g



Attributed to Elise Baur, simplyrecipes.com; Modified by Emily Madden; 2013 Dietetic Student
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