



# Baked Tortilla Chips

Servings 6 | Prep time 10 mins. | Total time 20 mins.

Equipment: Baking sheet, Paper towels

Utensils: Knife

## Ingredients

Non-stick spray

6 8-inch whole wheat tortillas

Salt (optional)

## Instructions

1. Before you begin wash your hands, surfaces, and utensils.
2. Preheat oven or toaster oven to 400 degrees. If using a conventional oven, place oven rack in the middle position.
3. Lightly grease the baking sheet with non-stick spray.
4. Cut tortillas into 8 equal wedges and spread out on baking sheet. Cook tortilla wedges in batches instead of overlapping them to make sure they cook evenly.  
NOTE: In a conventional oven, cook only one tray at a time. If you cook more than one tray at a time, the tray closest to the heating element in the oven will burn.
5. Spray tops of tortillas with non-stick spray and lightly salt, if desired.
6. Bake for 8-12 minutes, until crisp and light brown. Watch closely so the chips don't burn.
7. Remove from baking sheet and cool completely on paper towels. If tortilla chips do not cool completely they will not be crispy.

Nutritional Information:

Calories 140 Total Fat 3.5g Sodium 300mg Total Carbs 25g Protein 4g