



Baked Tortilla Chips

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

Equipment:

Baking sheet
Paper towels

Utensils:

Knife

Ingredients

6 whole wheat tortillas
Non-stick spray
Salt to taste (optional)

Instructions

1. Before you begin, wash your hands, surfaces, and utensils.
2. Preheat oven or toaster to 400 degrees. If using a conventional oven, place oven rack in 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, only cook 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. NOTE: 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