



Baked Tortilla Chips

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

Equipment: Baking sheet, Paper towels

Utensils: Knife

Ingredients

Cooking spray

6 8-inch whole wheat tortillas

Salt (optional)

Instructions

1. Before you begin wash your hands, surfaces, and utensils.
2. Preheat oven to 400 degrees.
3. Lightly grease the baking sheet with cooking spray.
4. Cut tortillas into 3 equal wedges and spread out on baking sheet. Cook tortilla wedges in batches instead of overlapping them to make sure they cook evenly.
5. Spray tops of tortillas with cooking 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.

Notes

- If using a conventional oven, place oven rack in the middle position.
- only cook one tray at a time. If you cook more than one tray at a time, the tray closest to the heating element will burn.
- 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