

Tortilla Chips

Yield: 8 servings

Ingredients

8 each corn tortillas
½ teaspoon kosher salt
½ teaspoon ground black pepper
cooking spray as needed

Instructions

1. Heat oven to 350 degrees.
2. Cut the tortillas into 8 wedges and place in a medium or large bowl.
3. Spray oil into a bowl and toss until tortillas are very lightly coated.
A little oil goes a long way.
4. Add seasonings to the bowl and toss to coat.
5. Spread tortillas evenly on a sheet pan lined with parchment paper or foil. Try to avoid overlapping the chips.
6. Bake for 10 minutes or until chips start to turn light brown then remove from oven and allow to cool before eating.

Nutrition Information

Serving Size: 8 chips
Calories: 60
Total Fat: 0.5 g
Saturated Fat: 0 g
Monounsaturated Fat: 0.0 g
Sodium: 50 mg
Total Carbohydrate: 12 g
Dietary Fiber: 1 g
Sugars: 0 g
Protein: 1 g

Source: Goldring Center for Culinary Medicine

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