



Homemade Corn Tortilla Chips

Recipe from *Cooking Matters In Your Food Pantry*



Ingredients



- 8 (6-inch) corn tortillas
- Non-stick cooking spray

Total Cost: \$0.60

Serving Cost: \$0.05

Yield: 12 servings

Serving Size: 4 chips



Directions



1. Preheat oven to 375 degrees.
2. Cut each corn tortilla into six triangles.
3. Coat a baking sheet with non-stick cooking spray.
4. Place tortilla slices on baking sheet. Lightly spray the chips with non-stick cooking spray to prevent burning.
5. Bake until golden brown and crispy, about 12-15 minutes.

Visit secondharvestkitchen.org to find more recipes, free classes, and ways to get involved!



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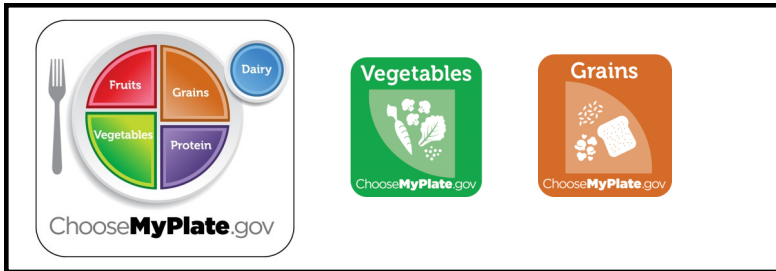
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Fast Facts



Featured Food Groups



Cooking Tips



- Try whole wheat tortillas instead of corn tortillas.
- If serving chips with savory or salty foods, sprinkle with garlic powder before baking.
- For a sweet treat, sprinkle with cinnamon and sugar before baking.
- Try serving with salsa, hummus, bean dip, or chili.

Nutrition Facts



Nutrition Facts	
12 servings per container	
Serving size	4 chips
Amount Per Serving	
Calories	45
	% Daily Value*
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Polyunsaturated Fat 0g	
Monounsaturated Fat 0g	
Cholesterol 0mg	0%
Sodium 25mg	1%
Total Carbohydrate 9g	3%
Dietary Fiber 1g	4%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 1g	2%
Vitamin D 0mcg	0%
Calcium 13mg	0%
Iron 0mg	0%
Potassium 47mg	0%
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

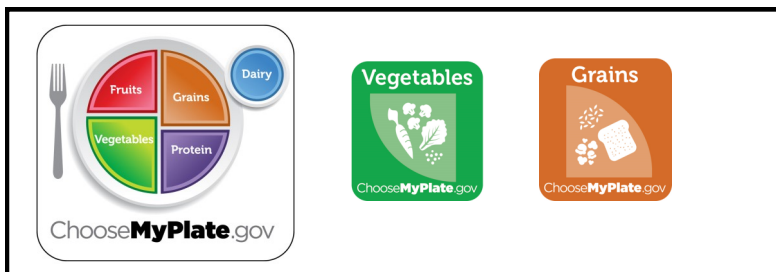
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