

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.

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Fast Facts	
Featured Food Groups 📴	Nutrition Facts 💮
Pruits Grains Vegetables Grains	Nutrition Facts12 servings per containerServing size4 chip
Vegetables Protein Protein Choose MyPlate day	Amount Per Serving Calories 45
Choose MyPlate.gov	% Daily Value Total Fat 0.5g 19 Saturated Fat 0g 09 Trans Fat 0g 09 Polyunsaturated Fat 0g
Cooking Tips 🚬	Monounsaturated Fat 0g Cholesterol 0mg 09 Sodium 25mg 19
• Try whole wheat tortillas instead of corn tortillas.	Total Carbohydrate 9g 39 Dietary Fiber 1g 49 Total Sugars 0g
• If serving chips with savory or salty foods, sprinkle with garlic pow- der before baking.	Includes 0g Added Sugars 09 Protein 1g 29
 For a sweet treat, sprinkle with cinnamon and sugar before baking. 	Vitamin D 0mcg 09 Calcium 13mg 09 Iron 0mg 09
• Try serving with salsa, hummus, bean dip, or chili.	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.

Second Harvest is an equal opportunity provider.

Fast Facts	THE KITCHEN 26 HARVEST
Featured Food Groups	Nutrition Facts 🢮
Vegetables Vegetables Vegetables Protein Choose MyPlate.gov	Nutrition Facts 12 servings per container Serving size 4 chips Amount Per Serving 45 Calories 45 % Daily Value* % Daily Value* Total Fat 0.5g 1% Saturated Fat 0g 0% Trans Fat 0g Polyunsaturated Fat 0g
Cooking Tips 🚬	Monounsaturated Fat 0g Cholesterol 0mg 0% Sodium 25mg 1%
Try whole wheat tortillas instead of corn tortillas.If serving chips with savory or salty foods, sprinkle with garlic pow-	Total Carbohydrate 9g3%Dietary Fiber 1g4%Total Sugars 0gIncludes 0g Added SugarsIncludes 1g2%
 For a sweet treat, sprinkle with cinnamon and sugar before baking.	Vitamin D 0mcg 0% Calcium 13mg 0% Iron 0mg 0% Potassium 47mg 0%
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