

Baked Whole Wheat Tortilla Chips

Ingredients:

3 whole wheat flour tortillas (10 inch)
Extra virgin olive oil, canola oil, or cooking spray
Salt or other seasonings

Directions:

1. Preheat oven to 375°F.
2. Lightly spray baking sheet with cooking spray or brush with olive oil or canola oil, or line with parchment paper.
3. Brush top side of cooking oil or spray with cooking spray.
4. With a pizza cutter or sharp knife, cut tortillas into 8 wedges each. Place wedges in a single layer on baking sheet.
5. Sprinkle with salt or seasonings.
6. Bake for 11 minutes. Remove before edges get too brown.
7. Allow to cool slightly. Serve with salsa, dips, or hummus.

Nutrition Facts:

Serving Size: 4 Chips

40 Calories, 10 Calories from Fat, Total Fat 1.25 grams, Saturated Fat .5 grams, Sodium 90 mg, Total Carbohydrate 14 grams, Dietary Fiber 1 grams, Sugars .5 grams, Protein 1.5 grams



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