

Recipe card instructions:

For best results, print two-sided cards on heavyweight paper, such as card stock. Select the “flip on short edge” print setting to ensure the back side of the card isn’t upside down. Cut out each card along dashed lines.

Baked Tortilla Chips

- 8 small corn or whole-wheat flour tortillas
- Nonstick cooking spray
- Garlic salt or other spices

Source: University of Missouri Extension Family Nutrition Education Programs

Preheat oven to 450°F. Cut each tortilla into 6 wedges. Lay wedges on a cookie sheet that has been sprayed with cooking spray. Spray tops of tortillas lightly with cooking spray. Sprinkle with garlic salt, cinnamon and sugar, or other spices. Bake 6 to 10 minutes or until golden brown. Makes 4 servings.

Stock Healthy



Shop Healthy

UNIVERSITY OF MISSOURI EXTENSION

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Note:

- Serve with salsa, dips, salad or soup.
- For cinnamon-sugar, mix 1 tablespoon sugar and ½ teaspoon cinnamon. Chips made with cinnamon and sugar are great with fruit salsa.

Nutrition Facts	
Serving Size 12 chips	
Amount Per Serving	
Calories 120	
% Daily Value*	
Total Fat 1.5g	2%
Sodium 5mg	5%
Total Carbohydrate 24g	8%
Dietary Fiber 3g	12%
Protein 3g	
Vitamin A 0%	Vitamin C 0%
Calcium 10%	Iron 4%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

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