

Touchdown Tortilla Chips

Ingredients

Corn or whole grain flour tortillas
(taco size, about 5-6 inches in diameter)
Olive oil or coconut oil cooking spray
Salt, to taste
Other seasonings, to taste- optional
(pepper, paprika, garlic powder, cumin, etc)

Directions

1. Preheat oven to broiler setting.
2. Cut tortillas into triangles. I cut mine into quarters to create 4 chips per tortilla so they are big enough to scoop with.
3. Spray cut tortillas lightly with cooking spray on both sides.
4. Arrange tortillas onto a large baking sheet in a single layer, not overlapping.
5. Sprinkle with salt and, if desired, other seasonings, to taste.
6. Bake in oven for 3-4 minutes. Turn chips over and bake 4-5 additional minutes, or until chips are golden brown and crispy.
7. Be sure to keep an eye on your tortilla chips as they can quickly and easily burn in the broiler!



Nutrition Information per Serving (4 chips): Calories- 50, Total Fat- 0.5gm, Saturated Fat- 0gm, Cholesterol- 0mg, Sodium- 17mg (not including added salt, since amount will vary based on taste), Total Carbs- 12gm, Fiber-2gm, Protein- 1gm