



Baked Chips are Great for Nachos!

Tortilla Triangles

Makes

6 servings

Ingredients:

6 (6-inch) flour or corn tortillas

½ teaspoon salt

Directions:

1. Preheat oven to 400 degrees.
2. Lightly spray both sides of tortillas with cooking spray and sprinkle lightly with salt.



3. Place tortillas in a stack on cutting board and cut into four pieces with a pizza cutter.

4. Lay tortilla quarters out in one layer on baking sheet.

5. Bake chips 8 to 9 minutes or until crisp.

Nutrition Facts:

Four triangles provide 90 Calories, 20 Calories from Fat, 2.5 g Total Fat, 0.5 g Saturated Fat, 0g Trans Fat, 380 mg Sodium, 15 g Total Carbohydrate, 1 g Dietary Fiber, 1 g Sugar, 2 g protein, 4% Calcium, 6% Iron

Kids-a-Cookin' Recipe

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Kansas State University Agricultural Experiment Station and Cooperative Extension Service

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