



EATING SMART  
BEING ACTIVE

## Baked Tortilla Chips

Makes: 6 servings (4 chips per serving)

Preparation Time: 5 minutes

Cooking Time: 10 minutes

### Ingredients

Nonstick cooking spray

3 (10 inch) corn, whole wheat flour, or white flour tortillas

Salt

### Directions

1. Preheat oven to 400°F.
2. Collect all ingredients before starting to prepare the recipe.
3. Lightly spray a baking sheet with cooking spray.
4. Cut tortillas into 8 sections each (as if you were cutting a pizza), and place in a single layer on the baking sheet.
5. Spray tops of tortillas with cooking spray, and lightly sprinkle with a small amount of salt.
6. Bake for 8 to 10 minutes or until crisp and light brown. Watch closely so the chips don't burn.
7. Cool for a few minutes after taking out of the oven before serving.
8. Store in an airtight container on the counter for 3 to 5 days. Reheat in the oven.

**Be creative!** Serve with *Mango Salsa* or *Zesty Bean Dip* from the *Eating Smart • Being Active Let's Cook!* cookbook or other salsas, dips, soups, or salads.

### White Flour Tortillas

<b>Nutrition Facts</b>	
6 servings per container	
<b>Serving size</b>	<b>4 Chips (25g)</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>70</b>
<small>% Daily Value*</small>	
<b>Total Fat</b> 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 180mg	8%
<b>Total Carbohydrate</b> 12g	4%
Dietary Fiber 1g	4%
Total Sugars 1g	
Includes 0g Added Sugars	0%
<b>Protein</b> 2g	4%
Vitamin D 0mcg	0%
Calcium 40mg	4%
Iron 1mg	6%
Potassium 33mg	0%
<small>*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.</small>	

### Corn Tortillas

<b>Nutrition Facts</b>	
6 servings per container	
<b>Serving size</b>	<b>4 Chips (17g)</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>35</b>
<small>% Daily Value*</small>	
<b>Total Fat</b> 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 0mg	0%
<b>Total Carbohydrate</b> 7g	3%
Dietary Fiber 1g	4%
Total Sugars 0g	
Includes 0g Added Sugars	0%
<b>Protein</b> 1g	2%
Vitamin D 0mcg	0%
Calcium 10mg	0%
Iron 0mg	0%
Potassium 0mg	0%
<small>*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.</small>	



United States  
Department of  
Agriculture

National Institute  
of Food and  
Agriculture



EFNEP  
COLORADO STATE UNIVERSITY  
EXTENSION

This material is based upon work that is supported by the National Institute of Food and Agriculture, U.S. Department of Agriculture. USDA is an equal opportunity provider, employer, and lender.

*Make a Change*



EATING SMART  
BEING ACTIVE

## Chips de tortilla horneados

Rinde: 6 porciones (4 chips por porción)

Tiempo de preparación: 5 minutos

Tiempo de cocción: 10 minutos

### Ingredientes

Antiadherente en aerosol para cocinar

3 tortillas (10 pulgadas) de maíz, harina de trigo integral o harina blanca

Sal

### Preparación

1. Precalentar el horno a 400°F.
2. Reunir todos los ingredientes antes de comenzar a preparar la receta.
3. Rociar ligeramente una bandeja para hornear con el aerosol para cocinar.
4. Cortar cada tortilla en 8 partes (como si estuviera cortando una pizza) y colocarlas en una sola capa sobre la bandeja para hornear.
5. Rociar la parte superior de las tortillas con el aerosol para cocinar y agregar con una pequeña cantidad de sal.
6. Cocinar durante 8 a 10 minutos o hasta que estén crujientes y doradas. Controlar atentamente para que no se quemen.
7. Sacar del horno, dejar enfriar unos minutos antes de servir.
8. Almacenar en un recipiente hermético sobre la mesada durante 3 a 5 días. Recalentar en el horno.

*¡Sea creativo!* Servir con *salsa de mango* o *dip de frijoles* del Libro de cocina *Coma bien • Manténgase activo u otras salsas, dips, sopas o ensaladas.*

### Tortillas de Harina Blanca

<b>Nutrition Facts</b>	
6 servings per container	
<b>Serving size</b>	<b>4 Chips (25g)</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>70</b>
% Daily Value*	
<b>Total Fat</b> 2g	<b>3%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 180mg	<b>8%</b>
<b>Total Carbohydrate</b> 12g	<b>4%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars 1g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 2g	<b>4%</b>
Vitamin D 0mcg	0%
Calcium 40mg	4%
Iron 1mg	6%
Potassium 33mg	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.

### Tortillas de Harina de Maíz

<b>Nutrition Facts</b>	
6 servings per container	
<b>Serving size</b>	<b>4 Chips (17g)</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>35</b>
% Daily Value*	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 0mg	<b>0%</b>
<b>Total Carbohydrate</b> 7g	<b>3%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars 0g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 1g	<b>2%</b>
Vitamin D 0mcg	0%
Calcium 10mg	0%
Iron 0mg	0%
Potassium 0mg	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.



United States  
Department of  
Agriculture

National Institute  
of Food and  
Agriculture



EFNEP  
COLORADO STATE UNIVERSITY  
EXTENSION

This material is based upon work that is supported by the National Institute of Food and Agriculture, U.S. Department of Agriculture. USDA is an equal opportunity provider, employer, and lender.

*Haga un cambio*