



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

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

Corn Tortillas

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

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United States National Institute
Department of of Food and
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These materials are aligned with the Expanded Food and Nutrition Education Program (EFNEP) from the USDA National Institute of Food and Agriculture (NIFA). | Estos materiales están alineados con el Programa Ampliado de Educación Alimentaria y Nutricional (EFNEP) del Instituto Nacional de Alimentación y Agricultura (NIFA) del USDA.



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

Nutrition Facts	
6 servings per container	
Serving size	4 Chips (25g)
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<small>% Daily Value*</small>	
Total Fat 2g	3%
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Potassium 33mg	0%
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Tortillas de Harina de Maíz

Nutrition Facts	
6 servings per container	
Serving size	4 Chips (17g)
Amount Per Serving	
Calories	35
<small>% Daily Value*</small>	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 7g	3%
Dietary Fiber 1g	4%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 1g	2%
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Coma bien y manténgase activa durante el embarazo