

Low-fat Tortilla Chips

From the kitchen of Rosie Gonzalez, Houston

Preparation time: 10-15 minutes

Number of servings: 6

Ingredients:

12 corn tortillas

1 cup water or chicken broth

Chili powder or Mrs. Dash seasoning (optional)

Preparation:

1. Preheat oven to 500°F.
2. Line a cookie sheet with foil and spray with cooking spray.
3. Cut each tortilla into six pieces.
4. Pour water or chicken broth into a bowl and dip tortilla pieces into water.
5. Arrange individually onto cookie sheet. Sprinkle lightly with chili powder or Mrs. Dash seasoning, if desired.
6. Bake 3-4 minutes per side. Watch chips carefully because they burn easily. Serve immediately.

Nutrition information per serving:

FAT: 10% of calories from fat (low)

FIBER: 2 grams (low)

CALORIES: 134



TIP

Serve with salsa or pico de gallo as a great alternative to high-fat chips.