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.