

BAKED TORTILLA CHIPS



Serves 4

INGREDIENTS

Whole-wheat tortillas

Olive oil or canola oil

Any topping of your choice, such as:

- Cinnamon sugar
- Garlic powder
- Parmesan cheese

PREPARATION

Preheat the oven to 350°F.

Using a pizza cutter, cut each tortilla into approximately 8 wedges.

Lightly coat each wedge with oil and sprinkle with toppings.

Bake for 10-15 minutes or until crisp, being careful not to burn the tortillas.

Enjoy as a crispy snack or with your favorite dip.



WIC Nutrition Program • 1-800-WIC-1007
Nutrition Division • MA Department of Public Health
TDD/TTY: (617) 624-5992 • Web: www.mass.gov/wic

*Adapted with permission from the SDSU
Research Foundation – WIC Program*

 follow us @MassWIC

