

Baked Corn Tortilla Chips

Ingredients:

Small corn tortillas	12
Vegetable oil	1 Tablespoon
Salt	To taste



Directions:

1. Preheat oven to 350 degrees F.
2. Brush both sides of each tortilla with oil. Stack the tortillas and cut the pile into six pieces to make chips.
3. Spread out the chips into a single layer on two baking sheets. Sprinkle salt over chips.
4. Bake in oven until golden brown and crispy, about 12 to 15 minutes.
5. Enjoy!

Serves 4-6

Tips:

- Serve with Healthy Start's Layered Bean Taco Dip or Easy Guacamole (www.hsmm.ca)
- Try sprinkling spices onto the chips as soon as you take them out of the oven, e.g. garlic powder, chili powder, cumin
- For a tangy flavour, mix a bit of lime juice into the vegetable oil before brushing it onto chips

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