

Quick Tortilla Chips

These are very easy to make and take no more than 10 minutes. They are lower in fat than store bought ones. Use the chips for dipping in salsas or to put in soups, like Mexican Minestrone.

Ingredients:

3-4 corn tortillas cut into triangles

Bowl of water

Salt

Suggested spices:

-Chili pepper

-Oregano

Experiment with other species!



Directions:

Preheat the oven to 350°. To cut the tortillas, cut the circle in half, and then cut each half into 3 triangles. Dip the triangle into the water and lay out on platter or plate. Continue until all the triangles are dipped. Then sprinkle salt and spices of your preference. Lay triangles on a non-stick cookie sheet (a regular one will work but triangles may stick a little) and bake for 5-10 minutes. At 5 minutes make sure to check on them.