

Baked Tortilla Crisps

Making these is a great way to stretch your budget and reduce your sodium intake.

HERE'S WHAT TO DO:

1. Purchase corn tortillas or use leftover tortillas purchased for another recipe (such as Fish Tacos in March).

One tortilla provides one serving of crisps. Corn tortillas are an economical source of whole grains.

2. Preheat oven to 350°F.

Tortillas bake more evenly if the oven is preheated.

3. Lightly brush or spray both sides of each tortilla with cooking oil or nonstick spray coating.

Using just a small amount of oil adds the desired crispness. It is easier to do this before you cut the chips.

4. If desired, sprinkle with garlic and/or chili powder, pepper, or other non-salt seasoning.

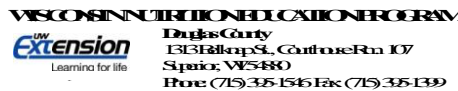
No-salt seasonings add flavor without adding sodium.

5. Cut tortillas into quarters and spread on a baking sheet. Bake in 350° oven until crisp but not overly browned, about 12 minutes. For smaller crisps, cut tortillas into 6 or 8 pieces. The oven heat dries the tortillas to make them crisp.

6. Serve immediately. Store leftovers in airtight container. A well-sealed container prevents crisps from absorbing moisture from the air.

For Nachos: Sprinkle shredded cheese on hot Baked Tortilla Crisps before serving, or re-heat tortilla crisps in microwave and sprinkle with cheese.

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