

Tortilla Triangles

Baked chips are great for nachos!

6 servings

Ingredients:

6 (6-inch) flour or corn tortillas
1/2 teaspoon salt

Directions:

1. Preheat oven to 400 degrees.
2. Lightly spray both sides of tortillas with cooking spray and sprinkle lightly with salt.
3. Place tortillas in a stack on cutting board and cut into four pieces with a pizza cutter.
4. Lay tortilla quarters out in one layer on baking sheet.
5. Bake chips 8 to 9 minutes or until crisp.

Nutrition Facts: Four triangles provide 100 calories, 2.5g total fat, 0mg cholesterol, 350mg sodium, 18g total carbohydrate

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP) through a contract awarded by the Kansas Department for Children and Families. USDA is an equal opportunity employer and provider. SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more call 1-800-221-5689.

Tortilla Triangles

Baked chips are great for nachos!

6 servings

Ingredients:

6 (6-inch) flour or corn tortillas
1/2 teaspoon salt

Directions:

1. Preheat oven to 400 degrees.
2. Lightly spray both sides of tortillas with cooking spray and sprinkle lightly with salt.
3. Place tortillas in a stack on cutting board and cut into four pieces with a pizza cutter.
4. Lay tortilla quarters out in one layer on baking sheet.
5. Bake chips 8 to 9 minutes or until crisp.

Nutrition Facts: Four triangles provide 100 calories, 2.5g total fat, 0mg cholesterol, 350mg sodium, 18g total carbohydrate

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP) through a contract awarded by the Kansas Department for Children and Families. USDA is an equal opportunity employer and provider. SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more call 1-800-221-5689.

K-State Research and Extension
Family Nutrition Program

Kids a Cookin'

www.kidsacookin.ksu.edu

Chef's Choice

Tortilla Triangles
Nacho toppings:
refried beans, grated
cheese, grated zucchini,
diced tomatoes, salsa,
sour cream or yogurt

Tortilla Triangles

Baked chips are great for nachos!

6 servings

Ingredients:

6 (6-inch) flour or corn tortillas
1/2 teaspoon salt

Directions:

1. Preheat oven to 400 degrees.
2. Lightly spray both sides of tortillas with cooking spray and sprinkle lightly with salt.
3. Place tortillas in a stack on cutting board and cut into four pieces with a pizza cutter.
4. Lay tortilla quarters out in one layer on baking sheet.
5. Bake chips 8 to 9 minutes or until crisp.

Nutrition Facts: Four triangles provide 100 calories, 2.5g total fat, 0mg cholesterol, 350mg sodium, 18g total carbohydrate

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP) through a contract awarded by the Kansas Department for Children and Families. USDA is an equal opportunity employer and provider. SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more call 1-800-221-5689.

Tortilla Triangles

Baked chips are great for nachos!

6 servings

Ingredients:

6 (6-inch) flour or corn tortillas
1/2 teaspoon salt

Directions:

1. Preheat oven to 400 degrees.
2. Lightly spray both sides of tortillas with cooking spray and sprinkle lightly with salt.
3. Place tortillas in a stack on cutting board and cut into four pieces with a pizza cutter.
4. Lay tortilla quarters out in one layer on baking sheet.
5. Bake chips 8 to 9 minutes or until crisp.

Nutrition Facts: Four triangles provide 100 calories, 2.5g total fat, 0mg cholesterol, 350mg sodium, 18g total carbohydrate

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP) through a contract awarded by the Kansas Department for Children and Families. USDA is an equal opportunity employer and provider. SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more call 1-800-221-5689.

K-State Research and Extension
Family Nutrition Program

Kids a Cookin'

www.kidsacookin.ksu.edu

Chef's Choice

Tortilla Triangles
Nacho toppings:
refried beans, grated
cheese, grated zucchini,
diced tomatoes, salsa,
sour cream or yogurt