



Homemade Tortilla Chips

Prep: 10 minutes | Cook: 10 minutes | Total: 20 minutes

Yield: 4 servings | Serving Size: 10 chips

Ingredients

- 1 tablespoon sugar*
- 1 teaspoon ground cinnamon*
- 2 tablespoons olive oil
- 5 (8-inch) whole-wheat tortillas or 10 corn tortillas
- *See Recipe Notes for a savory flavoring option

Directions

1. Preheat the oven to 350°F.
2. Combine the sugar and cinnamon in a small bowl. Set aside.
3. Brush both sides of each tortilla lightly with the oil.
4. Cut each tortilla into wedges; 8 wedges for whole-wheat tortillas, 4 wedges for corn tortillas.
5. Lightly sprinkle both sides of the tortilla wedges with the cinnamon-sugar mixture.
6. Place the tortilla wedges in a single layer on a baking sheet.
7. Place in the oven and cook until the tortilla wedges are golden-brown and crispy, about 7-10 minutes, flipping them over about halfway through the cooking time.
8. Serve immediately, or store in an airtight container at room temperature for up to 3 days.

Recipe Notes

- To make a savory tortilla chip, substitute $\frac{1}{4}$ teaspoon salt for the sugar and cinnamon — reducing the total carbohydrate to 27.5 g and increasing the sodium to 380 mg. For a lower-sodium savory version, simply remove the sugar and cinnamon and leave them unsalted.
- Use nonstick cooking spray in place of the oil in step 3 if desired.

Nutrition Facts Per Serving: Calories: 200 | Total Fat: 9 g | Saturated Fat: 1.5 g
Sodium: 235 mg | Total Carbohydrate: 30.5 g | Dietary Fiber: 4 g | Protein: 3.5 g

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