

CORN TORTILLA CHIPS



INGREDIENTS:

- 6 corn tortillas
- 1 tbsp olive oil
- Dash sea salt

DIRECTIONS:

- 1) Preheat oven to 350 degrees.
- 2) Brush each side of the tortillas with a light coating of olive oil and sprinkle with sea salt.
- 3) Cut tortillas into 4 wedges each (pizza cutter works best).
- 4) Lay the tortilla pieces spread apart on foil on a baking dish sprayed with cooking spray.
- 5) Bake for about 5 minutes then pull the dish out of the oven and flip the wedges over.
- 6) Put back in the oven for about 2 more minutes or until edges start to slightly brown and curve.
- 7) Remove from the oven and let cool for 10 minutes.

Enjoy!

Makes about 48 chips

Calories: 12 | Protein: 1 gm | Carbs: 2 gm | Fat: 1 gm