

Homemade Tortilla Chips (IST)

Makes 30 chips, or about 2 chips per person

Time: 20 -25 minutes



Ingredients:

- 2 Tablespoons olive oil
- 8 corn tortillas, cut into 8 pieces each

Kitchen Tools:

- Cutting boards
- Safety scissors
- Electric Griddle
- Tongs
- Pastry Brush
- Paper Towels

Instructions:

1. The assistant educator begins prepping for cooking while the lead educator introduces the lesson. Lead educator reads the recipe aloud with the students. Assistant educator heats griddle to medium-high heat.
 - a. Using scissors, cut each tortilla into 8 wedges. Lightly brush oil on both sides of the tortilla wedges with a pastry brush and gently add one layer of tortilla wedges to the griddle. When the edges are a little darker in color and crispy on the edges, transfer them from the griddle to cutting boards lined with paper towels. The chips will continue to crisp as they cool. Continue adding new batches of oiled tortilla wedges to the skillet until they're all cooked. Serve warm.
2. Serve tortilla chips with a dip, such as Black Bean and Corn Salsa or Pico de Gallo. Enjoy!



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Nutrition Facts		
Serving Size	1 × 4 Serving	
Amount Per Serving		
Calories	164.3	
% Daily Value*		
Total Fat	8.1 g	10 %
Saturated Fat	1.2 g	6 %
Trans Fat	0 g	
Cholesterol	0 mg	0 %
Sodium	21.7 mg	1 %
Total Carbohydrate	21.4 g	8 %
Dietary Fiber	2.6 g	9 %
Total Sugars	0.4 g	
Added Sugars	0 g	0 %
Protein	2.7 g	
Vitamin D	0 mcg	0 %
Calcium	38.9 mg	3 %
Iron	0.6 mg	3 %
Potassium	89.3 mg	2 %
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.		
Full Info at cronometer.com		</>