Tortilla Triangles

Baked chips are great for nachos

Level: Medium

Serves: 6, 4 pieces each

Ingredients:
- 6 (6-inch) flour or corn tortillas
- ½ 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.

Helpful Hints: Baked tortilla chips are much lower in fat than the usual fried ones. Use a salt shaker to lightly sprinkle chips with salt before baking. If desired, other seasonings can be used in place of salt. Try a light shake of chili powder or packaged taco seasoning for flavor. For dessert chips, sprinkle with cinnamon and sugar.

Safety tip #1: A pizza cutter is a safe way for kids to cut tortillas into triangle-shape pieces. Otherwise, clean kitchen scissors allow kids to safely cut many ingredients, including tortillas.

Safety tip #2: While a soft tortilla is a great food for a young child, a crisp tortilla chip poses a possible choking hazard. Crisp chips are not recommended for children under 3 years of age. For safety’s sake, watch children closely during snack and meal times to prevent choking.

For more information about this recipe and other fun recipes: contact your county extension office in Kansas, visit the website at www.kidsacookin.ksu.edu, or e-mail kidsacookin@ksu.edu.