

Tortilla Triangles

Baked chips are great for nachos



Level: Medium

Serves: 6, 4 pieces each

Kids' Tool Kit

Baking sheet
Cooking spray
Salt shaker
Pizza cutter
Cutting board
Spatula



Ingredients:

6 (6-inch) flour or corn tortillas
½ teaspoon salt

Directions:

Remember to wash your hands!

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.



Chef's Choice

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



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.

Nutrition Facts

Serving Size 4 pieces (33g)	
Servings Per Container 6	
Amount Per Serving	
Calories 100	Calories from Fat 20
% Daily Value*	
Total Fat 2.5g	3%
Saturated Fat 0.5g	3%
Cholesterol 0mg	0%
Sodium 350mg	14%
Total Carbohydrate 18g	6%
Dietary Fiber 1g	4%
Sugars 0g	
Protein 3g	
Vitamin A 0%	Vitamin C 0%
Calcium 2%	Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

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.