

**Boston Medical Center  
Nutrition Resource Center**

Preventative Food Pantry: (617) 414-3834 or (617) 414-5263  
Food Demonstration Kitchen: (617) 414-3840 or [www.bmc.org](http://www.bmc.org)



**Tortilla Chips ~ Serves 4**

**Ingredients**

- 4 6-inch whole grain flour or corn tortillas
- Vegetable oil spray
- Seasonings such as powdered garlic, powdered onion, chili powder

**Instructions:**

1. Preheat oven to 350°. Lightly spray cookie sheet with vegetable oil spray.
2. Cut each pita pocket into 6 equal triangles. Spread out tortillas triangles on oiled cookie sheet.
3. Sprinkle with seasonings.
4. Lightly spray tortillas with vegetable oil spray.
5. Bake for 10-15 minutes, rotating half way through (be careful- these can burn quickly!) until slightly brown and crispy.

**Nutritional Information per 6 chip Serving:**

Calories: 85  
Total Fat: 0.5 g  
Saturated Fat: 0g  
Sodium: 150 mg

Carbohydrates: 15 g  
Cholesterol: 0 mg  
Dietary Fiber: 1 g  
Protein: 2 g