

Baked Tortilla Chips & Salsa

Servings: 4 (12 chips, 1/2 cup salsa)



TOTAL TIME



DIFFICULTY



GLUTEN-FREE



DAIRY-FREE



VEGETARIAN
& VEGAN

Preparation

1. Preheat oven to 400°F. Stack the tortillas and cut the pile into 6 equal portions to make chips.
2. Place the chips on a baking sheet, add oil and toss to coat each chip. Spread chips out into a single layer. If desired, sprinkle with a pinch of sea salt.
3. Place tortilla chips into the preheated oven and bake for 8-10 minutes. Chips should be slightly browned and crispy. Remove from oven and cool.
4. Prepare your salsa with either a food processor, a chopper, or by hand. If by hand, chop your tomatoes, onion and cilantro to small diced size pieces and add to a medium bowl for mixing. Add all remaining ingredients and stir. Or, if using a food processor, place all ingredients into the food processor and pulse until you reach your desired texture.
5. Pour salsa into 4 individual cups and serve with the warm tortilla chips.

Nutrition Facts Per Serving

Calories	165
Fat	5g
Saturated Fat	1g
Cholesterol	0mg
Carbohydrate	29g
Fiber	4g
Protein	4g

Ingredients

Chips:

- 8 corn tortillas (gluten free or regular)
- 1 tablespoon oil
- Pinch of sea salt (optional)

Salsa:

- 1/2 can (28 ounce) whole plum tomatoes, drained
- 4 green onions (use a portion of the green part)
- 1/8 cup red onion, chopped
- 1/4 cup cilantro, minced
- 2 tablespoons jalapeno, minced (canned or fresh)
- 1 clove garlic, minced
- 1 tablespoon fresh lime juice
- 1 teaspoon hot pepper sauce (optional)

Substitution: 5 small fresh tomatoes instead of the canned tomatoes

