

Smart Chips & Salsa



Nutrition Facts

6 servings per container
Serving size 1/2 cup (109g)

Amount per serving
Calories 140

% Daily Value*

Total Fat 4g	5%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 240mg	10%
Total Carbohydrate 23g	8%
Dietary Fiber 1g	4%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 5g	
Vitamin D 0mcg	0%
Calcium 110mg	8%
Iron 1mg	6%
Potassium 250mg	6%

*The % Daily Value 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.



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Makes
6 servings

Prep time
15 minutes

Cook time
25 minutes

Low in
Sugar

Ingredients:

- 6 8-inch whole wheat tortillas
- 1/4 tsp. garlic powder
- 2 cups tomatoes, diced
- 2/3 cup red onion, finely chopped
- 1/2 cup fresh cilantro, finely chopped
- 2 Tbsp. lime juice
- 1 green jalapeño pepper, finely chopped (optional)
- Salt & black pepper to taste

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Prepare Tortilla Chips:

1. Preheat oven to 400°F. Spray a wire cooking rack with non-stick cooking spray and place on a baking sheet.
2. Cut each tortilla into 8 triangles. Lightly sprinkle garlic powder and salt (if desired) on the tortilla pieces.
3. Place tortilla pieces evenly in one layer on top of cooking rack.
4. Bake for 8-10 minutes or until tortillas are light-brown in color. Let cool before serving.

Prepare Pico de Gallo (Salsa):

1. In a mixing bowl, combine diced tomatoes, red onions, cilantro, lime juice, and jalapeño (optional). Add a pinch of salt and black pepper for flavor and mix well.
2. Serve with whole wheat tortilla chips. Refrigerate leftovers.

