

Whole Wheat Chips



Totals for 8 chips will be what the pkg “Nutrition Facts” state for one tortilla:
Calories 130 Fat 2g Fiber 3g Carbs 25g

What you’ll need:

- 4 96% Fat free, whole-wheat tortillas (Look for 130 calories or less per tortilla.)
- 1 Can butter flavored cooking spray

- 1 Pair kitchen scissors
- 1 Cookie sheet

Let’s get to cooking!

1. Preheat your oven to 350 degrees.
2. Spray cookie sheet with cooking spray. (If you cover the cookie sheet with aluminum foil and then spray, you can toss your mess.)
3. Take all four tortillas and stack them on top of each other.
4. Take scissors and cut entire stack in half. Cut these halves in half again and then again.
5. You should have 8 pie shaped pieces for each tortilla and a total of 32 chips.
6. Lay chips on cookie sheet as evenly as possible.
7. Spray all chips lightly with cooking spray.
8. Bake for 12 minutes or until golden brown.
9. Salt lightly if desired.
10. Chips will store nicely in a zip lock baggie for up to a week. (Or you can freeze!)

Every potato chip I ever craved and regretted eating inspired this
Kitty’s Lighter Weigh recipe.