

# Spicy Lime Tortilla Chips

## INGREDIENTS

7 ea. – 10" flour tortilla  
1 tbsp. – chili powder  
Baking / parchment paper  
1 tsp. – salt

### For the seasoning:

1/3 cup – lime juice  
2 ¾ tsp. – cooking oil  
2 tsp. – minced garlic  
¾ tsp. chili powder  
½ tsp. ground cayenne pepper  
¼ tsp. – ground cumin  
2 tsp. – low sodium soy sauce

**Servings: 4-6**

## METHOD

- 1) Cut tortilla into triangles.
- 2) Toss in the seasoning to evenly coat.
- 3) Put triangles on a baking dish lined with baking paper.
- 4) Bake in a 400-degree oven for 8-10 minutes until toasted.
- 5) Remove from the oven and sprinkle with chili powder and salt.

**Serve & Enjoy**



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## Fun Facts

Wheat is among the most widely grown cereal grain crops (along with rice and maize). It's grown on over 17% of world's farmland and wheat provides more calories and protein in diets across the world than any other crop.

Globally, wheat is the leading source of vegetable protein in human food, but it does not contain all the nutrients our bodies need. This is why it is important to eat a variety of foods throughout the day.

Flour tortillas are made from wheat flour, water, fat, and sometimes a leavening agent. Tortillas can be cooked until crispy or kept soft and pliable.

Flour tortillas are a good source of carbohydrates and provide energy. They make a good snack pairing with foods high in protein, like hummus.

Limes bring a zest and acidity to dishes and provide a good source of vitamin C.