

Homemade Chips and Salsa

Ingredients

For the chips:

- 8 medium or large tortillas (flour, whole wheat, corn, or grain-free)
- 2 tablespoons oil, such as avocado or olive oil
- Salt

For the salsa:

- 1 28 oz can whole, peeled tomatoes; juice drained
- ½ cup onion, roughly chopped
- ½ cup fresh cilantro, stems removed
- 1 lime, juiced
- 2 cloves of fresh garlic, peeled, or 1 ½ teaspoon garlic powder
- ½ - 1 jalapeño, seeds removed and roughly chopped (optional, depending on desired spiciness)
- 1 teaspoon cumin powder
- 1 teaspoon salt
- ½ teaspoon chili powder (optional)



Directions

1. Preheat the oven to 350 degrees. Line two baking sheets with parchment paper, if you have non-stick baking sheets you can skip this step.
2. Cut each tortilla into eighths. Put the tortilla pieces on the baking sheets and drizzle with oil. Use clean hands to toss the tortilla pieces in oil, then spread them out in a single layer on the baking sheets. Sprinkle lightly with salt.
3. Put the pans in the oven and bake for 10 minutes. Carefully remove the pans from the oven and flip the chips over. Bake for 5-10 more minutes until the chips are beginning to brown.
4. While the chips are baking, prepare the salsa. Place all of the salsa ingredients in a food processor or blender and blend until everything is combined and your salsa is smooth but still has a bit of texture.
5. When the chips are done baking, remove the pans from the oven and let the chips cool completely. Once they are cool, dip them in your salsa and enjoy!

Mix It Up

You can customize both the chip and salsa parts of this recipe. Try mixing up the seasonings in the salsa, add more or less spice for a hot or mild version. For the chips, you can also sprinkle seasonings on the tortilla pieces before you put them in the oven. Get creative with it! Below are a few ideas to get you started.

Our Favorite Combos:

- **Spiced Chips:** After mixing the chips in oil, sprinkle with ½ teaspoon each of cumin, chili powder, and garlic powder. Sprinkle with salt, mix, and bake according to the recipe.
- **Veggie Chips:** Use tomato or spinach tortilla chips. Cut and bake according to the recipe.
- **Roasted Tomato Salsa:** Use fire-roasted canned tomatoes, follow recipe according to directions.