Homemade Tortilla Chips and Bean Dip

Ingredients:
4 6-inch corn tortillas
1 16-ounce can refried beans, non-fat
¼ cup salsa (or chopped fresh tomatoes)
¼ cup sour cream, nonfat
½ cup shredded reduced fat cheddar cheese
1 cup shredded lettuce

Directions:
1. Preheat oven to 400°F.
2. Place tortillas in a stack on cutting board. With a sharp knife, cut stack into eight wedges.
3. Lay tortilla pieces out in single layer on baking sheet. Set aside while making dip.
4. Spread refried beans over bottom of baking dish.
5. Spread salsa and sour cream over beans; sprinkle with cheese.
6. Place both the baking sheet with tortilla pieces and the dip in preheated oven. Bake about 8 minutes or until tortilla pieces are crisp and dip is bubbly. Sprinkle lettuce over dip and serve with the chips.

Yields about 2 cups dip and 32 chips

Source: Cooking Up Fun! Pyramid of Snacks - Cornell University Cooperative Extension

Nutrition Facts
Serving Size ¼ cup dip and 4 chips (4.1 ounces)
Servings Per Recipe 8

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>% Daily Value *</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>110</td>
</tr>
<tr>
<td>Calories from Fat</td>
<td></td>
</tr>
<tr>
<td>Total Fat</td>
<td>2.5g</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>1g</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>5mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>360mg</td>
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<tr>
<td>Total Carbohydrate</td>
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<tr>
<td>Dietary Fiber</td>
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<tr>
<td>Sugars</td>
<td>1g</td>
</tr>
<tr>
<td>Protein</td>
<td>6g</td>
</tr>
</tbody>
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Vitamin A 15% Vitamin C 10%
Calcium 8% Iron 6%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Calories:
Total Fat
Saturated Fat
Cholesterol
Sodium
Total Carbohydrate
Dietary Fiber

18% calories from fat
Based on romaine lettuce and salsa.