

The DISH



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Ahhhh, a national food holiday after my own heart — National Tortilla Chip Day, which just happens to fall this week! If you would see my stash of chips at home, you'd know I probably don't need to buy any for the rest of the year. The same goes for salsa. I have canned so much salsa that I need to remind myself this spring, as I'm putting in my garden, that I don't need so many tomato plants. But as much as I love chips, I also have to try to limit myself. If I'm not in a hurry, I try to make them myself, a healthier version with lower carbs. So, I thought I'd include a few for you to try. I've even made them in my air fryer. So, whip out a jar of salsa and just try making your own!

Homemade Tortilla Chips

20 fresh corn tortillas cut into quarters

Canola oil

1 cup kosher salt

Heat about 1½ inches oil in a large dutch oven over medium heat until 350 degrees.

Cooking in batches, add 3-4 tortillas and fry for 1-2 minutes. Using tongs, flip the tortillas and fry for an additional 1 minute or until they're golden brown and crisp.

Transfer to a plate lined with several paper towels and sprinkle with the kosher salt. Repeat until all the tortillas are fried and seasoned.

Store in an airtight container for up to 24 hours at room temperature.

Low Carb Everything but the Bagel Tortilla Chips

1 egg white

3 low-carb, high-fiber whole wheat tortillas

2¼ tsp. Everything But the Bagel seasoning blend

Preheat oven to 350 degrees. Line a baking sheet with parchment paper.

Whisk egg white in small bowl until frothy. Place tortillas on a flat surface and brush with egg white. Sprinkle ¾ tsp. seasoning evenly over each tortilla. Cut each tortilla into 8 wedges.

Place wedges on prepared pan and bake until lightly golden brown, about 15 minutes. Allow chips to cool before serving.

Homemade Cool Ranch Doritos Recipe

1 pkg. small corn tortillas

(2) 1 oz. packets dry ranch seasoning

1 Tbsp. smoked paprika

1 tsp. ground garlic

1 tsp. ground onion

1 tsp. salt

Peanut oil or canola oil, for frying

Heat oil in a dutch oven or deep fryer to 350 degrees. You want about 2 inches of oil minimum. Cut the uncooked tortillas into wedges, like pizza slices.

In a medium bowl, mix together the ranch seasoning, paprika, garlic, onion and salt. The seasoning works best super fine, so you can pulse in a blender if you would like, but it's optional.

Working in batches, fry the tortillas until crispy, about 3 minutes per batch. I used a wooden spoon to press the tortillas down one at a time to let some of the air out, otherwise they can puff up very easily. Be careful with this step because the oil can bubble up.

Place the fried tortillas on a paper towel lined plate and sprinkle with seasoning. Toss to combine, then sprinkle the flip side. You want to do this right after removing from the oil. Allow to cool.

Repeat with the rest of the tortillas. This will make quite a bit of tortillas, about 5-6 dozen for the amount of seasoning. You can also keep the seasoning in an airtight container for later use!

Store chips in an airtight container for up to two weeks.

Low Carb Tortilla Chips

2 cups pre-shredded mozzarella

¾ cup almond flour

2 Tbsp. psyllium husk, or 2 tsp. psyllium husk powder (see note below)

Pinch salt

¼ tsp. each garlic powder, onion powder & paprika

Heat your oven to 350 degrees.

Melt the mozzarella in the microwave. Add the almond flour and psyllium husk plus the salt and spices. Stir until combined, then knead until you have a smooth dough.

Separate the dough into 2

balls and roll out between 2 sheets of baking/parchment paper. Roll out as thinly as possible — the thinner, the crispier your tortilla chips will turn out! Cut into triangles with a pizza cutter and spread out on a sheet of baking paper so the tortilla chips don't touch.

Bake 6-8 minutes or until browned on the edges. Baking time will depend on the thickness of your tortilla chips.

NOTE: If you don't have psyllium husk, use 2 more Tbsp. of almond flour instead.

Cinnamon Sugar Tortilla Chips

½ cup sugar

1 tsp. cinnamon

15 small 6½-inch flour tortillas

6 Tbsp. melted butter

Preheat oven to 350 degrees.

In a small bowl combine sugar and cinnamon and stir to combine. Spray a baking sheet(s) with nonstick cooking spray. Place tortillas onto the baking sheet. Brush each with melted butter and sprinkle generously with cinnamon sugar mixture. Cut the tortillas into triangles.

Bake for about 8-10 minutes until light, golden brown. Allow to cool.

Baked Corn Tortilla Chips

3 Tbsp. olive oil

1 Tbsp. fresh lime juice

1 tsp. chili powder

¼ tsp. garlic powder

10-15 corn tortillas

Kosher salt, about ½ tsp., or to taste

Preheat oven to 325 degrees. Stir together olive oil, lime juice, chili powder and garlic powder in a small bowl.

With a silicone basting brush (or the back of a spoon, if you don't have a brush), spread a very thin layer of the oil mixture over both sides of each tortilla. You should only use enough oil just to lightly coat the surface.

Cut the tortillas into sixths and arrange the tortilla triangle in a single layer on a baking sheet lined with a silicone mat or parchment paper.

Bake in preheated oven for 20-25 minutes. Chips are done when some of the edges are starting to curl and they don't easily bend. Watch your chips closely the last five minutes because they can quickly turn from perfect to overcooked.