



Rainbow Tortilla Chips

These rainbow tortillas are made using raw vegetables and spices. Mix up the vegetables to get other colors. If making multiple colors, keep the dough covered with a damp cloth to keep from drying out

U.S.

2 cups
1/2 tsp
1 1/2 cups
1/2 cup

Masa Harina
Salt
Hot water
Vegetable for Coloring (Red Bell Pepper, Raw Beet, Purple Cabbage, Spinach or 1/2 tsp Turmeric)

Metric

230g
3g
355
90g (Pepper, Beet), 15g (Spinach, Cabbage), 3g Turmeric

Preparation:

1. Gather all ingredients and equipment. Preheat a griddle or flat top to a medium heat.
2. In a medium bowl, combine the masa and salt. Mix thoroughly and set aside.
3. In a blender, combine the hot water and the desired vegetable. Blend on high until smooth. If needed, strain through a fine mesh strainer. Slowly add the vegetable water into the masa mixture, and stir to form a dough.
4. Knead the dough by hand into a ball until the color is fully distributed.
5. Separate the dough into small balls (about 1/2 Tbsp per ball) and press flat with a tortilla press.
6. Cook the flat dough on the hot, dry griddle until the color lightens and the tortillas begin to char, about 1-2 minutes. Flip the tortillas over and cook on the other side for 1-2 minute until it reaches the same coloring as the first side.
7. Store the tortillas warm or refrigerate.
8. For a crispy chip: Preheat an oven to 400°F (200°C).
9. Allow the tortillas to cool and then cut them in half. Spray a sheet tray with cooking spray, and lay out the tortillas in one flat layer. Spray the tops of the chips with the cooking spray.
10. Bake the tortillas in the oven for 10 minutes or until crisp. Allow to cool.

Nutrition Facts

10 Servings

Serving size **8 chips**

Amount per serving

Calories **80**

Total Fat	1 g
Saturated Fat	0 g
Trans Fat	0 g
Monounsaturated Fat	0 g
Cholesterol	0 mg
Sodium	95 mg
Total Carbohydrate	17 g
Dietary Fiber	2 g
Total Sugars	0 g
Includes 0g Added Sugars	
Protein	2 g
Vitamin D	0 %
Calcium	0 %
Iron	0 %
Potassium	10 mg
Phosphorus	0 mg
