

# My Favorite Guacamole and Baked Tortilla Chips

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Who doesn't love a big scoop of guacamole? [Disclosure: when I was growing up in San Jose, CA we had a huge avocado tree in our front yard, but I wouldn't touch the ripe avocados... too green, too slimy, too weird. Glad those days are over!] Avocados are loaded with heart-healthy monounsaturated fatty acids, fiber, B vitamins, potassium, Vitamin C and plenty of minerals.

There may not be quite as many variations of guacamole as there are salsa, but I've determined the combination that I like.... no, LOVE! Each ingredient can be adapted or eliminated according to your tastes. You will LOVE this one too if you:

- ~ love cilantro
- ~ prefer red onion to yellow or white
- ~ like some heat, but still want to taste your meal
- ~ enjoy lime more than lemon
- ~ want to keep it simple

Of course, I can't forget to mention the awesomeness of the BAKED tortilla chips too... with NO oil! For years, I have always fried my tortilla chips in peanut oil. Let's get real, fried anything just tastes amazing. However, this is certainly not a healthy option. My taste buds often don't care about this logic. I love tortilla chips though, so I wanted to give baking a shot. I was so prepared to NOT like the no-oil version that I only made half a sheet pan of them for my first trial. The other half I sprayed with coconut oil. I should have had a little more faith. I LOVED the no-oil chips. You will love these too if you:

- ~ love deeply crunchy foods
- ~ love lime
- ~ love a chip that is sturdy enough to stand up to scooping (and NOT leave bits of broken chip behind!)
- ~ love to taste the flavor of the corn

Total Time: 30 minutes Prep Time: 15 minutes Baking/Cooking Time: 12-15 minutes

Here's what you need for about 4 cups of guacamole:

6 ripe avocados

1 small red onion, diced small (1/2 cup)

2 jalapenos (seed and devein for less heat, I usually include 1 with and 1 without)

2 limes, zested and juiced (be sure to use a [microplane](#) here for extra-fine zest)

1/3 - 1/2 cup of cilantro, washed, dried and roughly chopped (1 bunch)

3 garlic cloves, finely minced (1 heaping Tbsp)

1/2 tsp cumin, ground

1 tsp salt, smoked

Lemon and lime slices for garnish

Here's what you need to make the chips:

16 corn tortillas (I prefer yellow, organic)

1 juicy lime

Trader Joe's Chile Lime Seasoning Blend

The Process for Making the Guacamole:

1. Cut each avocado in half, remove the seed and cut each half into quarters. If you have a metal cooling rack with a small grid (1/4"), you can set this over your bowl and push the avocado pieces through for easy dicing. Otherwise, use a potato masher or pastry cutter to chunk up the avocados. I like to these some texture to them.

2. Next, zest the limes and squeeze as much juice as you can from each lime onto the smashed avocados. If you have a citrus [reamer](#), now is a good time to use it!

3. Add the cumin and smoked salt.

4. Now add the minced garlic, small diced onion, jalapeno, and chopped cilantro. Stir to combine.

5. Garnish with a few slices of lemon and lime. See below for tips on how to keep guacamole fresh and bright if not using right away.

#### The Process for Making the Chips:

1. Preheat the oven to 350. Line 2 baking sheets with parchment paper.
2. If you have a spritzing bottle, strain the lime juice through a fine sieve and then pour it into the spritzer and coat each tortilla on one side. If not, you can easily just cut the lime in half, squeeze it a bit to bring the juice to the top and rub some juice onto each piece. When the tortillas start to look a little dry, squeeze again and continue rubbing until all are coated. Do this quickly so the juice doesn't dry before you sprinkle the seasoning.
3. Lightly sprinkle each piece with the Chile Lime Seasoning Blend or seasoning of your choice.
4. Using a pair of scissors, cut each tortilla in half, and then each half into thirds so you end up with 6 triangles for each tortilla, a total of 96 triangles. You should be able to fit 30 pieces (5 tortillas) on each baking sheet. Make sure none are overlapping.
5. Put one pan on the middle rack and one on the upper rack of your hot oven. Bake for 7 minutes and then switch and rotate the pans. Bake for an additional 5-10 minutes until the edges are nicely browned.
6. Remove from the oven and allow to cool slightly before serving.

If any of the chips still have any softness/give in the center, return them to the oven for an additional minute or two, but watch them carefully so they don't over-bake!

And now you can DIG IN! These chips contain considerably less fat than those fried or even baked using oil, including those purchased at the supermarket.

Here's the best way I have found to keep guacamole fresh and green if you're not serving it right away, or to store leftovers. Take several thin slices of lemon, limes or both and cover the surface of the guacamole as much as possible. Next, take a piece of plastic wrap and cover the surface of the dish, gently pressing the plastic down so it touches all around the top-most layer. Prepped in this way, this is how that same dish of leftover guacamole looked after I removed the plastic wrap the next day. Enjoy!

Nutrition information is for 12 baked chips made without oil (2 tortillas) and 1/2 cup of guacamole.

Nutrition Facts	
Servings: 8	
Amount per serving	
<b>Calories</b>	<b>336</b>
	% Daily Value*
<b>Total Fat</b> 21.5g	<b>28%</b>
Saturated Fat 3g	<b>15%</b>
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 324mg	<b>14%</b>
<b>Total Carbohydrate</b> 36.8g	<b>13%</b>
Dietary Fiber 12.9g	<b>46%</b>
Total Sugars 1.7g	
<b>Protein</b> 5.7g	
Vitamin D 0mcg	0%
Calcium 71mg	5%
Iron 2mg	9%
Potassium 805mg	17%

\*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. [2,000 calorie a day](#) is used for general nutrition advice.

Recipe analyzed by **verywell**