



Jazzed-Up Savory Chips

By Erin Fletter

Prep Time 5 / **Cook Time** / **Serves** 4 - 6

Fun-Da-Mentals Kitchen Skills

measure: to calculate the specific amount of an ingredient required using a measuring tool (like measuring cups or spoons).

seal: to close tightly, keeping filling inside.

shake: to rapidly and vigorously move a covered container filled with food up and down and side to side to combine ingredients and create a different consistency, such as shaking whipped cream to make butter.

Equipment

- ☐ Gallon-sized resealable plastic bag
- ☐ Measuring spoons

Ingredients

Jazzed-Up Savory Chips

- ☐ 1 T salt
- ☐ 2 tsp chili powder
- ☐ 1 tsp dried oregano
- ☐ 1 pinch granulated sugar
- ☐ 8 oz bag plain unsalted corn tortilla chips
- ☐ 1/2 tsp vegetable oil **
- ☐ 1 gallon-sized resealable plastic bag

Food Allergen Substitutions

Jazzed-Up Savory Chips

Soy: Substitute canola oil or other nut-free oil for vegetable oil.

Instructions

Jazzed-Up Savory Chips

intro

Have your kids taste an unsalted tortilla chip. Ask them: "Can we make these taste better, kids?" Respond together: "Yes, we can!"

measure + add + shake

Measure **1 tablespoon salt**, **2 teaspoons chili powder**, **1 teaspoon dried oregano**, and **1 pinch of sugar** and add them directly into a gallon-sized resealable bag. Seal the bag and shake to mix the salt, herbs, and spices together!

pour + seal + shake

Pour **1/2 8 ounce bag of tortilla chips** and **1/2 teaspoon of vegetable oil** into the ziplock bag. Seal the ziplock bag again and shake until all the chips are coated with the jazzed-up seasoning.

Featured Ingredient: Chili Powder!

Hi! I'm Chili Powder!

"I'm a spice made from ground dried red chili peppers! I bring a depth of flavor and color along with a bit of heat to a dish!"

Red chili peppers are used for chili powder. Chili pepper varieties include Aleppo, ancho, cayenne, chipotle, jalapeño, and others. Some of these are more familiar as being green chilis. Although they may start out green, they will eventually turn red as they ripen.

The chili powder you buy in the store is often a spice blend that includes cumin, onion, garlic, and salt. It may also be called "chili seasoning mix."

Chili powder is used in North American, Latin American, and Asian cuisine to add flavor and heat to dishes. It is the main flavor ingredient for chili con carne and is added to meat, vegetables, or sauces for enchiladas, fajitas, and tacos. It is also used as a rub or marinade for meat.

In Korean cuisine, "gochugaru," or Korean chili powder, is made from Korean chili peppers or Cheongyang peppers. Indian cuisine uses chili powder made from Kashmiri red chilis.

The capsaicin in chili peppers has anti-inflammatory properties. Vitamins A and C, iron, and potassium are found in chili powder.

Chili peppers and chili powder can cause digestive upset for some people, and eating too much of them may cause adverse effects.