

Tex-Mex Potato Coins

Crunchy on the outside, tender inside, this snack has just a hint of the Tex-Mex spice that kids love. For added pizzazz, serve with tomato salsa, green onions, sour cream, even chili! A fun way to eat red or white potatoes.

- 1 1/2 lb. (750 g) Ontario white or red potatoes, unpeeled
 - 2 tbsp (30 mL) olive or vegetable oil
 - 2 tbsp (30 mL) Tex-Mex spice*
 - 1/2 cup (125 mL) sour cream
 - 1/2 cup (125 mL) tomato salsa
 - 1/4 cup (50 mL) chopped green onion (optional)
 - 1 cup (250 mL) canned chili, heated (optional)
- * Available in supermarket spices section.

Preheat oven to 450 F (230 C). Line two baking sheets with parchment paper.

Cut potatoes into 1/4-inch (0.5 cm) thick rounds. For young kids, a parent should slice the potatoes. Either place slices in heavy plastic bag with oil and Tex-Mex spice, close bag and shake well to coat potato slices with spices, or mix potato slices in large bowl with oil and spice.

Spread potato slices on lined baking sheet. Bake in oven about 35 to 40 minutes or until slices are crisp-edged and browned. Turn baking sheet around if some coins begin to burn before others have browned. Transfer to serving platter.

Serve immediately with sour cream, salsa, green onion and chili, if using.

Makes one Tex-Mex Potato Coins snack platter (4 to 6 servings).

Per serving: 169 calories, 4 g protein, 12 g fat, 23 g carbohydrates, 2 g fibre, 353 mg sodium

