



WHAT YOU'LL NEED

1 bag Tostitos® Lightly Salted Tortilla Chips
2 tbsp Tostitos® Avocado Salsa
12 oz marinated quartered artichoke hearts
4 tbsp olive oil, divided
1 clove minced garlic
1 tbsp lemon juice
Salt and pepper, to taste
5 oz arugula
1 cup cherry tomatoes, halved
½ cup hummus

DIRECTIONS

1. Heat oven to 450°.
2. Toss drained artichoke hearts with 1 tbsp olive oil and spread out on sheet pan.
3. Roast for 15-20 minutes, until brown and crispy on edges.
4. Create your dressing! Whisk together 2 tbsp of tasty Tostitos® Avocado Salsa (with plenty leftover to snack on while you cook), garlic, lemon juice, remaining olive oil, and salt & pepper.
5. Toss arugula and cherry tomatoes with just enough dressing.
6. Spread hummus onto salad plates.
7. Top hummus with salad and garnish with roasted artichoke hearts.
8. Serve with Tostitos® Lightly Salted Tortilla chips (because why wouldn't you?)

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TORTILLA CHIPS

Tostitos

LIGHTLY SALTED
• 50% LESS SODIUM •
THAN TOSTITOS® ORIGINAL RESTAURANT STYLE TORTILLA CHIPS
See back panel for nutrition information

guaranteed fresh
until printed date

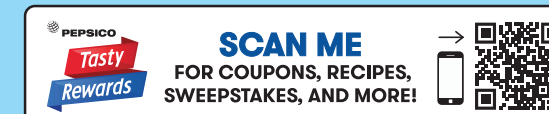


SERVING
SUGGESTION

GLUTEN
FREE
• • • • •
NO
PRESERVATIVES
• • • • •
NO ARTIFICIAL
FLAVORS

NET WT. 12 OZ. (340.2 g)

NO MSG



PRODUCT COMPARISON

PER 1 OZ. SERVING	SODIUM
TOSTITOS® Lightly Salted Tortilla Chips	50mg
TOSTITOS® Original Restaurant Style Tortilla Chips	105mg

Nutrition Facts

12 servings per container
Serving size About 7 chips (28g)

Amount per serving	
Calories	140
	% Daily Value*
Total Fat 7g	8%
Saturated Fat 1g	4%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 50mg	2%
Total Carbohydrate 19g	7%
Dietary Fiber 1g	5%
Total Sugars 0g	
Protein 2g	

Vitamin D 0mcg	0%
Calcium 30mg	2%
Iron 0.3mg	0%
Potassium 40mg	0%

Not a significant source of added sugars.

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

INGREDIENTS: CORN, VEGETABLE OIL (CORN, CANOLA, AND/OR SUNFLOWER OIL), AND SALT.

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Tostitos.com

Questions or Comments?
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GUARANTEED FRESH
Until printed date or this snack is on us
Mon-Fri 9:00am to 4:30pm CT email or chat at fritolay.com

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