

# Wrap It Up Program *Instructor Directions*

## **Objectives:**

1. Participants will be able to recognize healthy ingredients for wraps.
2. Participants will be able to recognize new uses for tortillas for a variety of meal options.
3. Participants will be able to assemble a variety of wraps using a variety of healthy ingredients.

## **Optional Activities for the Program**

1. Show the different tortilla types and discuss – white corn, yellow corn, whole grain and the flavored/colored types. Read the ingredient labels on each kind.
2. Would be a good idea to go through a quick review of MyPyramid to discuss and remind participants of healthy food choices at the beginning of the lesson.
3. Demonstrate and taste two to four recipes or make some ahead or allow each table of attendees to assemble a recipe with ingredients you bring that are ready-to-go. (If you choose the later, make sure you have hand washing facilities and vinyl gloves.
4. Go around the room and ask if anyone has discovered a new idea for how to use tortillas.
5. You could use some of the leftover tortillas as a door prize....put them in a zip bag.
6. If available, you could show/discuss a tortilla press (you can find pictures online of all types) and masa harina (available in most groceries and all Mexican grocery stores), the best flour used to make tortillas at home.

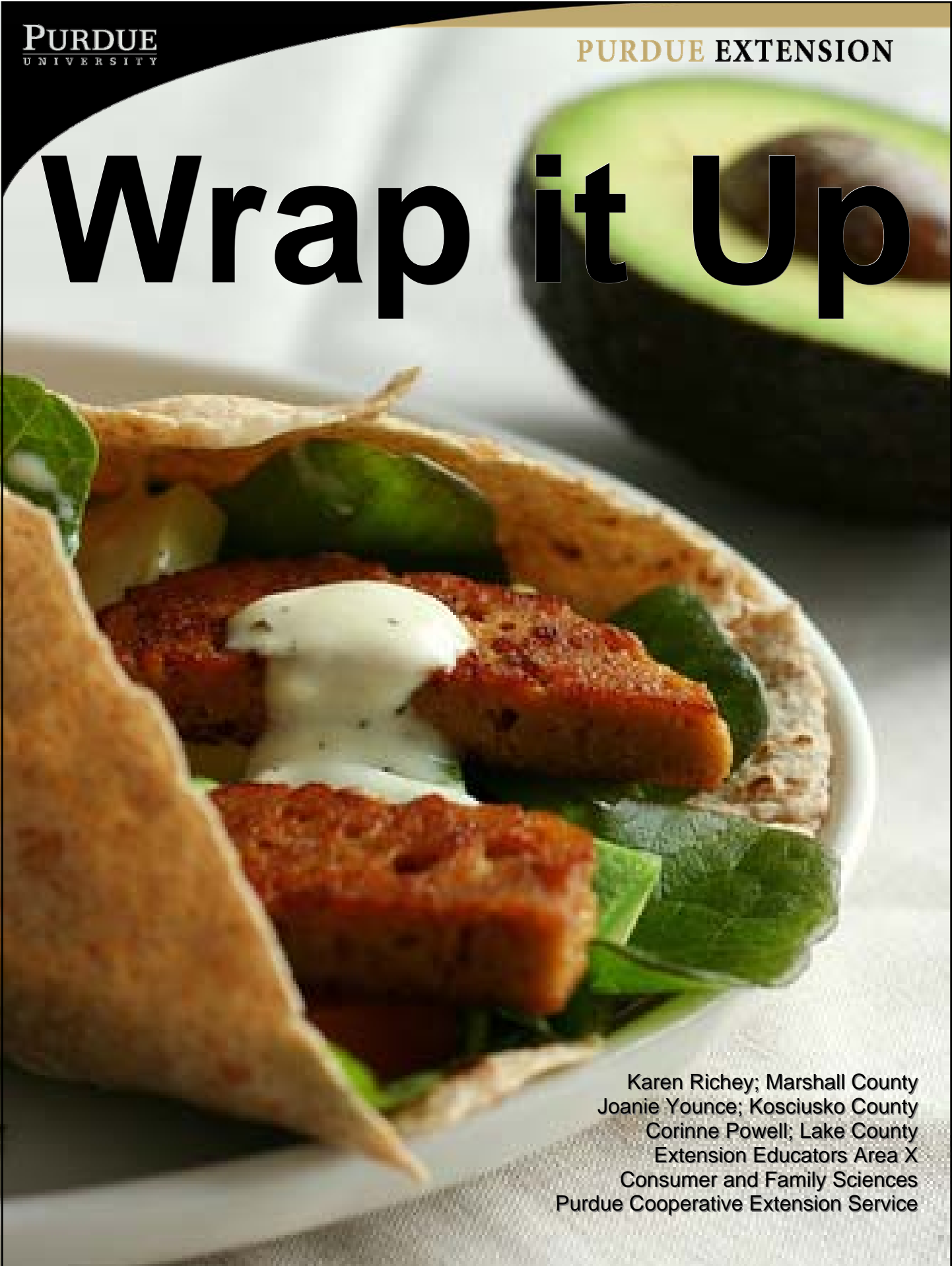
## **Resources Used:**

- *Simple and Delicious*, Jan-Feb. 2007
- *Cooking Light*, June 2000
- <http://busycooks.about.com>
- <http://find.myrecipes.com>
- [www.rd.com](http://www.rd.com); click on "food"
- [www.associatedcontent.com](http://www.associatedcontent.com)
- [www.bellaonline.com](http://www.bellaonline.com), Megan Kopp, BellaOnline's Hiking & Backpacking Editor
- [www.gourmetsleuth.com](http://www.gourmetsleuth.com)
- [www.tortilla-info.com/media](http://www.tortilla-info.com/media)

## **Materials Needed:**

- Handouts with recipes and basic lesson information.
- Ingredients for food demonstrations; utensils needed for demonstrations.
- Samples for showing in Activity one and six above.

# Wrap it Up



Karen Richey; Marshall County  
Joanie Younce; Kosciusko County  
Corinne Powell; Lake County  
Extension Educators Area X  
Consumer and Family Sciences  
Purdue Cooperative Extension Service



# Wrap it Up

Tortillas are not just for burritos and quesadillas, there are many ways that this round piece of flat bread can work for you. We all know the traditional uses: tacos, enchiladas, tostadas, and even quartered and fried to make chips. Believe me, all of those items taste wonderful, but have you ever thought of a tortilla pizza? Yes, Pizza!

Tortillas come in so many sizes, you can make large for the adult appetite, or small for the little ones in your family. They are convenient because of packaging, size, portion control, thick or thin crust, whole wheat or flour. Get the kids involved by throwing a pizza party. Give them a tortilla with some pizza sauce on it, and let them personalize their own pizza by putting on the toppings of their choice. Pepperoni, Canadian bacon, diced chicken, veggies and cheese. Everybody is happy.

Simply heat the oven to 450 degrees F, place the Tortilla pizzas on a cookie sheet, (Non-stick spray or parchment paper helps for easy clean up) bake, and remove when cheese is golden brown and bubbly. For a crispier crust, just pre-bake your tortilla by itself for five minutes before adding any ingredients. This gives it a little head start and a little extra crunch.

Tortillas are great for sandwich wraps, layered into casseroles, and even salad wraps when you're on the go. No time to sit and enjoy a healthy lunch? Mix any tossed green salad with a small amount of ranch dressing, then tuck it into a softened tortilla, (in the micro-wave for 20 seconds) and you have a healthy, low-fat lunch that you can eat in your hands. Even tuna or egg salad is delicious on a tortilla. Explore for yourself, all the uses of Tortillas. You may even come up with some great new ideas of your own. Tortillas are not just for Mexican food any more.

The Tortilla Industry Association (TIA) has announced the findings of its biennial market research study, the State of the Tortilla Industry Survey: 2002, conducted by Aspex Research. Findings show that the tortilla's popularity has reached record heights, making this staple literally the best thing since sliced bread.

Having cornered 32 percent of the sales for the U.S. Bread Industry, tortillas trail white bread sales by only two percent - making them the second most popular bread type in America with sales that far surpass those of whole wheat bread, bagels and rolls. Over the past two years, annual growth for the tortilla industry has expanded nine percent, with 2002, U.S. tortilla industry sales reaching \$5.2 billion.

The rapid growth of the tortilla industry is attributed not only to the growing Hispanic population, but to increasing tortilla consumption among Non-Hispanics as well.

In addition, tortillas are becoming more diversified, with innovative new sizes, packages and flavors. Tomato, spinach and jalapeno are some of the highest-selling varieties.

From traditional Hispanic cooking to inventive wraps (recipes using flour tortillas with a wide variety of non-Hispanic fillings), the uses for tortillas are endless, creating variety and taste for consumers and profits for tortilla makers.

### **History of the Tortilla**

At the time of the Spanish conquest, the Mexicans or the Aztec, as they were commonly called, were the dominant people in Meso-America in 1519.

The Spanish conquerors were avidly looking for gold and they found plenty of it, which they sent back to Spain.

However, when they reached the highlands of Mexico, they found a strange and gorgeous civilization and to their delight the most unusual of its glories was its food.

A great deal of information has been preserved about what the ordinary Mexican Indians ate and how they prepared their food.

The starting point was corn, the sacred plant of their religion. It supplied starch, the main energy source in the Indian diet, as well as protein and a little fat.

Sometimes it was eaten green off the cob, either raw boiled or roasted, or the immature kernels were cut or scraped off to be made into cakes or added to other dishes. But more generally the Mexican Indians let their corn ripen and stored the ears in ventilated corncribs.

The Indians sometimes used a stone mortar and pestle to grind the hard whole kernels into meal out of which corn gruel (atole) was made, but this took a lot of effort.

Far better was their system of heating the kernels in a mildly corrosive solution of lime until the skins came off. The skinless kernels were called nixtamal, an Aztec word still in use.

Sometimes nixtamal was dried and stored, or it could be boiled in fresh, limeless water. When this was done the kernels swelled up enormously and became as soft as spaghetti resulting in a dish called pozole, one of the basic Indian ways to eat corn.

Mexican cooking starts now as in the Aztec days with tortillas, the "bread of Mexico" and only those who have tasted them hot off the griddle know how good tortillas can be. Mexicans use them as plates, forks and spoons.

They dip their tortillas into stews and use torn-off pieces to scoop up sauces. They can be eaten plain or with butter, beans or meat, chili or sauces...almost any kind of food that is not too liquid can be placed on a tortilla...the "bread of Mexico"!



## **Tortillas**

Served daily in Mexico, tortillas are made from whole-wheat, white, or corn flour. These unleavened breads are flat and round and baked on a griddle. Resembling a very thin pancake, they are the everyday bread of Mexico and many Central American countries. In Spain, the word tortilla refers to a thin omelet. Their sturdiness makes them ideal for burritos and fajitas.

## **Varieties**

Tortillas are made from whole-wheat, white, or corn flour (*masa*) and come in various sizes. Some may contain flavors, like spinach or red pepper.

## **Buying and Storing Tips**

Buy tortillas in the bakery section, bread aisle, or refrigerated or frozen food sections of most health food and grocery stores. Choose the whole-grain variety whenever possible. Store in a plastic bag in the refrigerator and use within a week to 10 days.

## **Availability**

Tortillas are available year-round.

## **Preparation, Uses and Tips**

Use whole-grain tortillas as a wrapper for beans and rice. Top corn tortillas with cooked beans, diced red peppers, chopped cilantro and a sprinkle of cheese—bake until cheese is bubbly.

## **Nutritional Highlights**

Tortilla (corn), 1 tortilla (medium)

Calories: 58

Protein: 1.5g

Carbohydrate: 12g

Total Fat: 0.65g

Fiber: 1.3g

## **Uses**

Regular old grocery store tortillas are one of the most versatile foods available. Not only can you find "torts" everywhere, but they travel well, hold everything, and can even double as a plate.

Packages of tortillas often come in their own re-sealable bags, so you can use fresh ones as needed. You can use them in unconventional ways. Finally, tortillas won't squish like bread does. Tortillas are already pre-squished!



## Easy Tortilla Uses

- You can make burritos or wraps ahead at home, slip them into a zip bag, and have ready to eat meals for days in advance.
- Most tortillas even taste good plain, right from the bag, as a quick snack. Fresh ones have a better taste, but you can sprinkle dried-out torts with a little water to perk them up a bit.
- Roll your cold cuts, tuna fish, avocados or even just plain chunks of cheese in tortillas for a quick lunch.
- Carry soft foods, like cream cheese, hummus or peanut butter, to spread over your tortilla. Roll and eat.
- Tortillas are great for holding cooked eggs as a breakfast wrap.
- Hot cheese quesadillas are quick and a real treat. You can add all kinds of meats, veggies or spices to make your quesadilla tastier. As a plus, you don't need a plate with this meal idea.
- Lay tortillas in the bottom of your Dutch oven or saucepan to make tortilla "lasagna" (you don't need the pasta), tortilla pizzas, tortilla quiches or tortilla Shepherd's pie. Be creative!
- A tortilla can also work for desserts - again, as a pie crust in your Dutch oven or sauce pan...or simply eat with butter and drizzled honey.
- Shred your tortillas by hand to make breadcrumbs and add to soups and stews to thicken, make stuffing, use to coat chicken or add to meatballs, or even to make bread pudding.
- You can rip tortillas into chip-size section, toss in your frying pan, and make tortilla chips. Add spices and a drop of oil to make yummy chips. From there, you can even make nachos.
- You can use a tortilla as a no-wash plate. Hand out tortillas to everyone, then the snacks or meal items in question, and have everyone eat their "plates" afterwards. Nothing to wash!
- A rolled up tortilla can double as an eating utensil. Use a tortilla to 'clean' your bowl of food and then eat the tortilla.
- You can find low-carb tortillas at most supermarkets and use them just like regular torts.
- There are also wheat-free tortillas, ones made with spinach or other veggies for color, low-fat, whole wheat, kosher and vegetarian tortillas on the market.





### **Breakfast Wraps**

- 6 eggs
- 2 T milk
- ¼ t pepper
- 1 T oil
- 1 C shredded cheddar cheese
- ¾ C fully cooked ham, diced
- 4 flour tortillas – 8 inch – warmed

In a small bowl, whisk the eggs, milk and pepper. In a large skillet, heat the oil, add the egg mixture, cook and stir over medium heat until eggs are completely set. Stir in cheese and ham. Spoon mixture down the center of each tortilla; roll up. Serve immediately or wrap in plastic wrap and freeze in a re-sealable plastic bag. To use frozen wraps: thaw overnight in the refrigerator; remove plastic wrap; wrap tortilla in a moist microwave safe paper towel and microwave on high for 30-60 seconds or until heated through. Serve. Serves 4.

### **Chicken Tomato Wrap**

- 2 C cubed cooked chicken breast
- ¼ C honey Dijon salad dressing – reduced calorie
- ¼ C mayonnaise – reduced calorie
- 1 green pepper, chopped
- 2 tomatoes, chopped
- 4 slices Muenster cheese
- 4 lettuce leaves
- 4 flour tortillas

In a medium bowl, combine the chicken, salad dressing, mayonnaise, green pepper and tomatoes. Toss to coat. Place tortillas on work surface and line with lettuce leaves and cheese. Divide chicken mixture among the tortillas and roll up tightly, enclosing the filling. Wrap in plastic wrap and chill until time to serve. Makes 4 sandwiches.

### **BLT Wrap**

- 3 ounce package vegetable flavor low-fat cream cheese, softened
- 4 (10 inch) flour tortillas
- 2 tomatoes, seeded and chopped
- 1 avocado, chopped
- 2 C mixed salad greens
- 8-10 slices of bacon, fried crisp and crumbled
- 1/3 C Ranch salad dressing – reduced calorie



Spread some of the cream cheese on each tortilla. In large bowl combine tomatoes, avocado, greens, bacon and salad dressing and mix well. Place on tortillas and roll up. Serve immediately. Serves 4.

### **Spanish Rice Wrap**

- 1/2 C chopped green pepper
- 1/2 C chopped celery
- 1/2 C chopped red onion
- 2 C cooked rice
- 1/2 t cumin
- 1/4 t turmeric
- 1/2 C chopped tomato
- 1 C grated Monterey Jack cheese
- 4 (10 inch) flour tortillas

In medium bowl, combine the first 4 ingredients. In a small bowl, combine the spices with the tomatoes. Add the tomato mixture to the rice mixture and stir to blend. Place filling on the tortillas and top with grated cheese. Roll up and wrap in plastic wrap. Refrigerate 1-2 hours to blend flavors before serving. Makes 4 sandwiches.

### **Bologna Slaw Wrap**

- 6 ounce package bologna slices, finely diced
- 2 C coleslaw mix
- 1 shredded carrot
- 1/2 C light salad dressing
- 1 tomato, seeded and chopped
- 6 slices American cheese
- 6 flavored flour tortillas

In medium bowl, combine all ingredients except for cheese and tortillas. Mix well to coat. Line tortillas with cheese slices and divide bologna mixture among tortillas. Roll up tightly; wrap in plastic wrap and chill until serving time. Makes 6 sandwiches.

### **Speedy Veggie Wrap**

- 2 C shredded Pepper-Jack cheese
- 2 C deli veggie salad or coleslaw
- 1 tomato, seeded and chopped
- 8 (10 inch) flour tortillas

Heat oven to 350 degrees. Combine cheese, veggie salad and tomato. Divide among the tortillas; roll up, folding in the ends. Place seam side down on ungreased cookie sheet and cover with foil. Bake for 8-10 minutes until cheese is melted. Serve with salsa or ranch dressing for dipping if desired. Makes 8 sandwiches.

### **Cheddar-Succotash Wrap**

- 2 C cubed potato
- 2 C frozen lima beans, thawed
- ¼ C water
- 1 t oil
- Cooking Spray
- 2 C frozen corn, thawed or 2 C canned corn, drained
- ½ C chopped green pepper
- 3 minced cloves of garlic or equivalent
- ½ C skim milk
- ½ t salt
- ½ C shredded sharp cheddar
- ½ C shredded Pepper-Jack Cheese
- 6 (8 inch) fat-free tortillas
- ¾ C sliced green onions
- ¾ C salsa

Combine the first 3 ingredients and cook in the microwave about 3 minutes or until done. Drain. Heat oil in skillet coated with cooking spray over medium-high heat. Add corn, pepper and garlic. Sauté for 5 minutes or until tender. Stir in potato mixture, milk and salt. Add cheese, stirring until cheese melts. Warm tortillas according to package directions. Divide the corn mixture evenly down center of each tortilla; roll up; top with 2 tablespoons onion and 2 tablespoons salsa. Serve. Makes 6 servings.

### **Asian Sweet and Sour Wraps**

- 1 T sugar
- 2 T soy sauce – low sodium
- ¾ - 1 lb. pork loin, cut into thin strips (can use beef or chicken)
- 6 C purchased coleslaw mix
- 1 can bamboo shoots or water chestnuts, drained
- 4 (8 inch) fat-free tortillas
- 4 T purchased sweet and sour sauce

Combine the sugar and soy sauce and set aside. Stir-fry the meat in a very small amount of oil or cooking spray. When done remove from skillet and set aside. Spray skillet again and add coleslaw; cook 2-3 minutes; then add the bamboo shoots and the meat and soy mixture and cook 1 minute. Remove from heat. Spoon ¼ of the mixture onto warm tortillas, top with 1 tablespoon sweet and sour sauce and fold in 3 sides of the tortilla. Serve immediately. Serves 4.

### **Cesar Chicken Wraps**

- 1 package complete Caesar salad mix (7.5 ounce package)
- 1 C cooked chicken, chopped
- 4 tortillas (8-9 inch) garden vegetable flavor
- 2 T Parmesan cheese



Crush croutons from the salad mix and set aside. In large bowl, combine the remaining salad mix, dressing and chicken and mix well. Warm tortillas in the microwave until warm by wrapping in a moist paper towel. Spoon salad mixture evenly onto the center of tortillas to within 1 inch of the edge. Sprinkle with cheese and crushed croutons; fold in 3 sides and serve. Makes 4.

### **Chocolate Dessert Wrap**

- ½ C creamy peanut butter
- 4 (8 inch) flour tortillas
- 1 C mini-marshmallows
- ½ C mini semisweet chocolate chips
- Vanilla Ice cream
- Chocolate shavings, optional



Spread 2 tablespoons peanut butter on each tortilla.

Sprinkle ¼ cup marshmallows and 2 tablespoons chocolate chips on half of each tortilla. Roll up beginning with the topping side. Wrap each in heavy duty foil and seal tightly. Grill, covered, over low heat for 5-10 minutes or until heated through (or heat in the oven or melt in the microwave, too. (Do NOT wrap in foil if you are using the microwave.) Unwrap and place on dessert plate. Serve with ice cream and garnish with chocolate shavings if desired. Serves 4.

### **Tortilla Crepes**

- 1 can fruit pie filling, divided
- 4 (6 inch) tortillas
- ¼ C confectioners sugar
- ½ C frozen whipped topping, thawed

Preheat oven to 350 degrees. Spoon pie filling in a line down the center of each tortilla, distributing evenly; set aside ½ cup for topping. Roll each tortilla and place seam side down on a baking sheet that has been coated with non-stick cooking spray. Bake for 12-15 minutes or until heated through and slightly golden. Allow to cool slightly, then sprinkle with confectioners sugar, add a dollop of whipped topping and top with reserved pie filling. Serve immediately. Serves 4. (This can also be topped with ice cream, chocolate sauce, fresh fruit or sprinkles.)

### **Blueberry Dessert Wrap**

- 3 T sugar
- 1-1/2 t cornstarch
- 1/2 C orange juice
- 1-1/2 C frozen or fresh blueberries, divided
- 1 package (8 ounces) light or low-fat cream cheese, softened
- 1/4 C confectioner's sugar
- 1 t vanilla extract
- 8 (7 inch) flour tortillas
- 2 T butter



*Prepare sauce:* In a small saucepan combine sugar and cornstarch; stir in orange juice. Cook and stir over medium heat until sauce is clear and thickened, about 5 minutes. Stir in 1 cup blueberries and return to a boil. Boil and stir for 1 minute.

*Prepare filling:* In a mixing bowl, beat cream cheese until light. Add confectioner's sugar and vanilla. Beat until smooth and creamy.

*Assemble wraps:* Spread a tortilla with about 2 tablespoons of the cheese mixture. Place about 6 frozen blueberries across the center of each tortilla. Roll jelly-roll style. Repeat with remaining wraps. In a medium skillet, melt 1 tablespoon butter over medium heat; place half of the wraps seam side down in skillet and cook turning occasionally until evenly browned, about 3 minutes. Remove from pan and keep warm while cooking the remaining wraps. Serve topped with hot blueberry sauce. Makes 8 wraps and 1 cup of sauce.

### **Salsa Tortilla Wrap-Ups**

- 8 ounces cream cheese
- 4 ounces sour cream
- 8 ounces American, cheddar or Colby cheese, shredded (all or some)
- 1 small jar green olives, chopped
- 3 cans mild green chiles, chopped
- 8 flour tortillas
- Salsa

Mix cream cheese and sour cream. Smoothly spread equal amounts of cream cheese mixture on each tortilla. Top with your choice of topping, may add your own. Tightly roll up each tortilla, wrap securely in plastic wrap and refrigerate. Cut each tortilla in 6 pieces. Secure ends with wooden toothpick. Serve with salsa.

### **Spinach Tortilla Rolls**

- 6 soft large flour tortillas
- 10 ounces spinach, drained
- 1/4 C bacon bits
- 1 package ranch dressing mix
- 1 T minced onion
- 3/4 C sour cream
- 3/4 C mayonnaise

Warm tortillas. Mix remaining ingredients together. Spread mixture on warmed tortillas, then roll and wrap in plastic wrap. Refrigerate overnight. Slice in about 2 inch pieces just before serving.

### **Lunch Meat Tortilla Roll Up**

- Shaved roast beef or turkey
- Slices of cheese
- Sliced ripe or green olives
- Grated carrots
- Spinach or lettuce leaves
- Alfalfa sprouts

Place a flour tortilla on a sheet of plastic wrap. Brush lightly both sides of the tortilla with water. Combine salad dressing with mustard according to your taste (1/2 cup mayonnaise - 2 teaspoons mustard). Spread 1 side generously with this mixture. Top with above ingredients. To within 1/2 inch of the edge roll up securely in plastic wrap. Refrigerate 4 hours or overnight. In serving unwrap and cut tortilla in half.

### **Italian Tortilla Wrap Up**

- 1 1/2 pounds hamburger, browned and drained
- 1 t oregano
- 1 t garlic powder
- 1 jar (32 ounces) spaghetti sauce
- 1 package (10 count) large flour tortillas
- 2 C shredded Cheddar cheese

Add spices to sauce. Take 1/2 of sauce and add to hamburger. Wrap the hamburger mixture in the tortillas and place in a 9x13 pan. Pour remaining sauce over tortillas. Bake at 350 degrees for 35 minutes. Sprinkle cheese over top and continue to bake until cheese is melted.



### **Southwest Tortilla Wraps**

- 4 (10 inch) tortillas
- 2 T Low-fat salad dressing or mayonnaise
- ½ C chunky salsa
- 4 ounces sliced turkey or roast beef
- 1/3 C Shredded low-fat cheddar cheese
- ½ C thin strips of red peppers
- ¼ C sliced green onions
- 2 T sliced black olives
- Optional: Pinch cayenne pepper



Spread salad dressing on tortilla; spread salsa over salad dressing. Top with meat, cheese and vegetables, and cayenne pepper if desired. Roll and serve, or heat 45 seconds in microwave on medium. Repeat for each wrap.

### **Tortilla Wrapped Mexican Sandwiches**

- 6 ounces frozen avocado dip, thawed
- 3 ounce package cream cheese, softened
- 6 (8 inch) flour tortillas (warm in microwave - 10 seconds on high)
- 8 ounces thinly sliced cooked roast beef or turkey
- Leaf lettuce
- 1 C shredded Monterey Jack cheese
- Alfalfa sprouts
- Tomato salsa

Combine avocado dip and cream cheese; blend dip. Spread each tortilla evenly with avocado mixture to within 1/2 inch of edge. Arrange slices of meat, cheese, lettuce and sprouts over avocado mixture. Spoon on desired salsa. Roll up each tortilla; secure with toothpicks. Serve immediately or wrap in plastic wrap and refrigerate.

### **Crab Salad Tortilla Wraps**

- 1 (16 ounce) package imitation crabmeat
- 2 stalks celery
- 1 tablespoon finely minced onion
- 4 ounces cream cheese, softened
- 1 cup sour cream
- 1/2 cup mayonnaise
- 2 tablespoons lemon juice
- 2 tablespoons sugar (or two packets sugar substitute)
- 6 hard-boiled eggs, cooled
- 1/2 head lettuce (or spinach, Swiss chard, greens combined)
- 10 flour tortillas

In a mixing bowl, snip crab meat into fine pieces. Dice celery, mince onion, and add to crab. Stir and set aside. Mash cream cheese, then add sour cream, mayo, lemon juice and sugar, mixing until creamy. Pour cream cheese mixture to crab & veggies, mixing well. Set aside. Using a pastry blender (or a fork), chop the eggs until crumbly-looking; set aside. Shred the lettuce and set aside. Spread about a 1/4-cup of crab mixture in a thin layer over a tortilla. Sprinkle with eggs and lettuce. Roll tortilla up very tightly.

### **Crunchy Vegetable Wrap**

- 1/4 cup tub-style fat-free cream cheese
- 4 (10 inch) fat-free flour tortillas
- 4 curly leaf lettuce leaves
- 1 cup alfalfa sprouts
- 1 cup shredded red cabbage
- 1/2 cup chopped tomato
- 1/4 cup crumbled blue cheese
- 2 tablespoons finely diced red onion

Spread 1 tablespoon cream cheese over each tortilla; top each with a lettuce leaf. Divide sprouts and remaining ingredients evenly among tortillas; roll up. Cut each rolled wrap in half diagonally.

### **Stirred Eggs Wrapped in Warm Tortillas**

- 12 eggs
- 6-10 flour tortillas
- 1/4 C water
- 1 t seasoned salt
- Freshly ground black pepper, to taste
- 3 T butter
- 1 T snipped chives or minced green onions
- 1 T minced fresh parsley
- 2 t minced cilantro
- Chili Butter



Whisk eggs and water in a large bowl; stir in seasoned salt and black pepper. In a large heavy skillet, heat butter over medium heat. When melted and foam begins to subside, add egg mixture. Reduce heat to low and cook, stirring, for 8-10 minutes, or until set. Eggs should appear creamy and have large curds. Sprinkle with chives, parsley and cilantro (if desired). Meanwhile heat tortillas. Wrap tortillas in moist kitchen towel and microwave on high for approximately 3 minutes, or until heated through. be careful to avoid steam burns when unwrapping tortillas, since the towel will be very hot. Spread tortillas with chili butter (recipe to follow) and spoon in about 2/3 cup of egg mixture. Fold in half and serve immediately. Serve with sliced peaches or nectarines. Sprinkle on a little wheat germ for added vitamins and minerals. Yield: Serves 6.

### **Chili Butter**

- 1/2 C butter, room temperature
- 1 clove garlic, minced
- 1 t chili powder
- 1/8 t ground cumin
- 1 T finely chopped green onion
- Salt to taste

In a small bowl, beat butter with electric mixer until soft. Beat in garlic, chili powder, cumin and onion. Season to taste with salt. Store in an airtight container in refrigerator up to 3 days. Allow to soften at room temperature 15 to 20 minutes before using. Makes 1/2 cup.

### **Turkey Wraps**

- 1 (8 ounce) package fat-free cream cheese
- 1/2 cup reduced-fat mayonnaise
- 1/4 teaspoon dried basil
- 1/4 teaspoon dried oregano
- 1/4 teaspoon dill weed
- 1/4 teaspoon garlic powder
- 10 (6 inch) flour tortillas, warmed
- 1 medium onion, chopped
- 10 (1 ounce) slices cooked deli turkey breast
- Shredded lettuce

In a small mixing bowl, combine the first six ingredients; beat until smooth. Spread over the tortillas. Sprinkle with onion; top with turkey and lettuce. Roll up tightly jelly-roll style; serve immediately.





# Making Tortillas

## Flour Tortillas

- 3 cups of white all purpose flour
- ½ tsp of salt
- 1 tsp baking powder
- ½ cup of lard or vegetable shortening (healthier to use vegetable shortening)
- 1 cup of hot water

Mix the flour and salt. Mix in the lard by hand until the mixture resembles small peas. Add the water slowly until you have a soft elastic ball. You may need to add a little more or less water, but do it slowly. You may not really need as much water as you think you do. Knead until smooth. Cover with a damp towel and then let rest 15 minutes. Make about 7-9 equal size balls. Flatten and roll each ball into a flat round disk. Cook on a very hot cast iron skillet. No oil is necessary. Flip when bottom side is golden, the top should be bubbling slightly when ready. Use a spatula to lift the edge and check for doneness before flipping completely. Keep the cooked tortillas warm by covering with a damp towel while you continue to cook.

## Wheat Tortillas

To make wheat tortillas, use the above flour tortilla recipe and substitute wheat flour for 1/4 to 2/3 of the white flour. Wheat flour is a little tougher, so the amount used is based on your personal taste. You may substitute, all the white flour if you wish but use less than called for.

## Corn Tortillas

Unlike flour tortillas, corn tortillas usually do not contain any added oil. They can be made with corn flour, but the traditional recipe uses something called masa harina or masa flour. Masa harina is made from corn soaked in lime and then dried and ground into a powder. I know it doesn't sound very appetizing, but masa is a traditional ingredient in many dough containing Latin American dishes, such as tortillas and tamales. Masa can be found in any Hispanic neighborhood and some larger supermarkets as well.

- 2 cups masa harina or corn flour
- 1 ¼ cups hot water

Mix masa and water by hand until all of the tortilla mix is moistened and a dough forms. Add more water if necessary. Cover with damp towel and let rest 10 minutes. Make about 12 one inch balls. Flatten and roll each ball into a tortilla. Cook on a very hot cast iron skillet. No oil is necessary. Flip when the edge starts to stiffen and the top looks dry. Use a spatula to lift the edge and check for doneness before flipping completely. Keep the cooked tortillas warm by covering with a damp towel while you continue to cook.

# Tortilla Cooking Hints

- Practice making tortillas before you make them for guests. It's not difficult, but it does take a few times before you get the "feel" for the dough.
- Only flip once. For some reason, they do not taste as good if flipped several times during cooking.
- Don't worry about a few burned spots, they actually add flavor.
- Best results come from cooking tortillas on cast iron.
- If the only tortillas you are familiar with come from Taco Bell, you may not be aware that not all tortillas are paper thin. You may roll your tortilla to about ¼ inch thickness. Any thicker than that and the outside burns before the inside cooks. Thin tortillas are used in fajitas and similar dishes. Thicker tortillas are common in soups and other dishes where they will be soaked.
- When rolling out your tortilla, some people find it easier/neater to put the dough ball in between two sheets of waxed paper. Another alternative is to put it in a small plastic bag and then flatten it out.
- Stale tortillas go great in soup.

# Tortilla Spreads

For variety, try your favorite salad dressings or flavored cream cheese instead of the tried and true mayonnaise or mustard on your wraps. The options are endless.

# Other Uses for Tortillas

- Cheeseburgers – cooked ground beef, shredded cheese and chopped tomato; roll up
- Taco Salads – shape a tortilla into a bowl and fry in hot oil
- Mexican Dip Bowl – same as above and use for dips
- Healthy Corn Chips – dip wedges into lime juice, chili powder and salt; dry; bake on cookie sheet until crisp
- Breakfast Burritos – cheese, scrambled eggs, ground sausage, etc.; roll up
- Mexican Lasagna – use tortillas instead of pasta and layer with beans, shredded chicken cheese, enchilada sauce
- Dessert Wrap – fill with fruit, whipped topping, chocolate, nuts, etc.
- Spicy Pinwheels – mix hot sauce and chicken in a food processor until smooth; spread on and add dressing; roll up and slice into appetizer size bites
- Mexican Croutons – cut tortillas into strips and fry until golden brown
- Grilled Cheese – a.k.a. – Quesadillas
- Manicotti – they require no cooking
- Pizza – use tortillas as the bottom crust and add toppings
- Quiche – use tortillas instead of a pie crust and add fillings