Totally Tasty
Tortilla

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JERSEY COUNTY HCE

FEBRUARY LESSON FOR LIVING
Totally Tasty Tortilla

Thanks in part to the widespread popularity of Mexican and Southwestern cuisines, Americans love tortillas.

In fact tortillas are more popular today in the United States than any other ethnic bread, such as bagels, English muffins and pita bread.

They date back approximately 10,000 years before Christ. When the Spanish brought wheat to the New World, flour tortillas were created. Tortilla comes from the Spanish word “torta” which means “round cake”.

In 2000, tortilla sales in the United States reached the $4.4 billion mark and in 2002 sales were expected to reach $5.7 billion dollars. This figures out that Americans consumed approximately 85 billion tortillas in 2000 and that did not include tortilla chips.

Tortillas have found their place in America's mainstream diet. They now serve as substitutes for traditional breads in such popular fare as hot dogs, lasagna, pitas, sandwiches and pizza.

Tortillas can be used as tasty food scoops, toasted and topped with salad, or served hot and plain. They are the plate, the envelope or the folder surrounding a countless array of delicious fillings.

Tortillas are a flat bread or pancake made from either corn or wheat. The versatile tortilla can be warmed in the oven, steamed, grilled, fried, heated in a microwave or toaster or baked in the oven.

Nutritional Information:

Flour tortillas are a low-fat food and contain iron along with other B vitamins. A six-inch flour tortilla has 115 calories with 2-3 grams of fat per serving but this varies with the brand and size. PLEASE READ LABELS.

Corn tortillas are a low-fat, low-sodium food and contain calcium, potassium and fiber. An average six-inch corn serving contains about 60 calories with one gram of fat. Corn tortillas do not contain gluten, making them a great alternative to bread for those who have gluten intolerance.
This lesson will include the following dishes:

1. Peanut Butter and Jelly Sandwich Without a Slice of Bread
2. Tortilla Fruit Pizza
3. Confetti Salad with Tortilla Strips
4. Lickety-Split Pizza
5. Quick Quesadilla
6. Scrambled Egg Substitute Sandwich
7. South of the Border Rollups
8. Turkey and Veggies 'n' Easy Baked Shell

Peanut Butter and Jelly Sandwich Without a Slice of Bread

Ingredients:
1 - whole wheat or white flour tortilla  
1 - T. whipped peanut butter  
2 - T. jam or jelly of your choice

Directions:
1. Place tortilla on a plate or flat surface.  
2. Spread peanut butter evenly onto tortilla.  
3. Spread jelly or jam on tortilla.  
4. Roll up or fold and eat.

Serves: 1
Nutrient analysis Per Serving: 277 calories, 7 grams protein, 9 grams fat, 51 grams carbohydrates, 0 cholesterol, 251 milligrams sodium

Tortilla Fruit Pizza

Ingredients:
1 - flour tortilla, white or whole wheat  
¼ - cup whipped topping, light or low fat  
½ - cup assorted fruit, cut into pieces  
Bananas, strawberries, grapes, blueberries, kiwi, peach slices, pear slices  
Cinnamon sugar mixture (optional)

Directions:
1. Place tortilla on a plate or flat surface.  
2. Spread whipped topping evenly onto tortilla.  
3. Arrange fruit on topping.  
4. Sprinkle with cinnamon sugar if desired.

To Serve: Slice the pizza into pie shaped slices or roll or fold in half and eat like a taco.

Serves: 1
Nutrient Analysis Per Serving: 167 calories, 3 grams protein, 27 grams carbohydrates, 5 grams fat, 0 cholesterol, 154 milligrams sodium.
Confetti Salad with Crispy Tortilla Strips

Ingredients:
2 - flour tortillas (10 inch) cut into thin strips
(To easily cut tortillas into strips, roll up; cut into strips with knife.)
½ - cup light Italian dressing, divided
1 - package salad greens
1 - package (6 ounce) grilled chicken breast strips
2 - apples, cored, chopped
1 - red pepper, cut into thin strips

Directions:
1. Toss tortilla slices with 2 T. of the dressing; place in single layer on cookie sheet.
2. Bake at 375 degrees F. for 5-8 minutes or until crisp and lightly browned; cool.
3. Toss tortilla slices with salad greens, chicken strips, apples, pepper and remaining dressing.
Serve immediately.
Serves: 4
Nutrient Analysis Per Serving: 303 calories, 17 grams protein, 34 grams carbohydrates, 11 grams fat, 36 milligrams cholesterol, 445 milligrams sodium.

Lickety-Split Pizza

Ingredients:
1 - Flour tortilla
2 - T. canned spaghetti sauce
½ - cup assorted chopped vegetables-
mushrooms, green, red, yellow pepper, broccoli, onion, tomato
3 - T. reduced fat mozzarella cheese.

Directions:
1. Place tortilla on baking sheet.
2. Spread sauce evenly onto crust.
3. Arrange vegetables on sauce.
4. Sprinkle cheese evenly.
5. Bake 5-8 minutes until vegetables are heated and cheese is melted.
(Cooking time will vary according to the size the vegetables are chopped.)

Serves: 1
Nutrient Analysis Per Serving: 252 calories, 11 grams protein, 33 grams carbohydrates, 8 grams fat, 12 milligrams cholesterol, 469 milligrams sodium.
Quick Quesadilla

Ingredients:
2 - tortillas, 6-inch
2 - T. reduced fat cheddar cheese, shredded
(Optional: ¼ cup cooked chicken breast, chopped)

Directions:
1. Place tortilla on microwave safe plate.
2. Sprinkle with cheese.
3. If using chicken, place chicken on top of cheese.
4. Place second tortilla on top.
5. Microwave for 20 seconds on high or spray outside tortillas with squirt margarine and brown in skillet on stovetop.

Serve with salsa.
Serves: 1
Nutrient Analysis Per Serving: 155 calories, 6 grams protein, 25 grams carbohydrates, 4 grams fat, 10 milligrams cholesterol, 64 milligrams sodium.

Scrambled Egg Substitute Sandwich

Ingredients:
½ - ¾ - cup cooked scrambled eggs (made with your favorite egg substitute)
1 - tortilla, 7-8 inch white or flour
2 - T. reduced fat cheddar cheese, shredded

Directions:
1. Place tortilla on a plate.
2. Spoon scrambled eggs evenly onto tortilla.
3. Sprinkle cheese evenly over eggs.
4. Roll or fold tortilla to cover eggs and cheese.
5. Microwave 20 seconds on high to allow cheese to melt.

Serves: 1
Nutrient Analysis Per Serving: 378 calories, 20 grams protein, 31 grams carbohydrates, 19 grams fat, 8 milligrams cholesterol, 545 milligrams sodium.
Optional: Add onion, green pepper, mushroom, chopped olives, pimento, etc. to the egg substitute when preparing.
South of the Border Roll Ups

Ingredients:
10 - 8 inch flour tortillas, white or whole wheat
8 - ounces light cream cheese
8 - ounces light sour cream
½ - packet taco seasoning, low sodium if desired
4 - 8 ounces salsa, to taste
1 - 4 ounce can chopped green chilies
4 - green onions, tops and bottoms, chopped
1 - cup reduced fat cheddar cheese, shredded

Directions:
1. At least 4 hours before serving mix together in a mixing bowl the cream cheese, sour cream, taco seasoning, salsa and chilies.
2. Gently stir in green onions and cheese.
3. Lay out 5 tortillas at a time, evenly divide the cheese mixture and spread over the tortillas.
4. Roll each cheese-topped tortilla into a spiral and wrap in a lightly dampened paper towel. Refrigerate 3-4 hours.
5. Just before serving, unwrap each roll and slice into 1" slices. Arrange on platter.

Serves: 16  Serving size: 4 spirals
Nutrient Analysis Per Serving: 142 calories, 6 grams fat, 3 grams saturated fat, 15 grams carbohydrates, 2 grams fiber, 14 milligrams cholesterol, 655 milligrams sodium.
Turkey and Veggies ‘n’ Easy Baked Shell

Ingredients:
6 - whole wheat flour tortillas (about 6 1/2 inches)
1 - cup sliced mushrooms
1 - medium clove garlic, minced
1 - T. margarine
1 - can (10 3/4 ounce) condensed broccoli cheese or cheese soup
1/2 - cup reduced fat sour cream
2 - cups cubed cooked turkey
1 - cup cooked broccoli flowerets
1 - cup sliced cooked carrots
1/4 - cup sliced green onions

Directions:
1. Lightly brush 6-(10 ounce) custard cups, ramekins or small bowls with softened margarine. Soften tortillas by warming briefly in a skillet or microwave oven.
2. Gently push the tortilla into custard cup to form a shell.
3. Place cups on baking sheet.
4. To make filling, in a large non-stick skillet, sauté mushrooms and garlic in 1 T. margarine, stir in soup and sour cream. Blend well.
5. Stir in turkey, broccoli, carrots and green onions. Mix well.
6. Spoon about 1/4 of the filling into each tortilla shell. Bake at 375 degrees F for 20 to 25 minutes until filling is hot.
7. Carefully remove baked shells from the custard cups and serve.

Serves 6.
Nutrient Analysis Per Serving: 277 calories, 19 grams protein, 26 grams carbohydrates, 11 grams total fat, 4 grams saturated fat, 46 milligrams cholesterol, 594 milligrams sodium, 3 grams fiber.

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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
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.