

Homemade Tortillas

Yummy with just a little honey!

Level: Medium

Serves 6



Ingredients:

- 1 cup flour
- 1 tablespoon shortening
- 1/2 teaspoon salt
- 1/2 teaspoon baking powder
- 1/3 cup warm milk



Directions:

Remember to wash your hands!

1. In a medium-size bowl, mix flour, shortening, salt and baking powder until it crumbles. Slowly add milk and stir until ingredients are combined.
2. Knead dough on an unfloured surface to form a soft ball.
3. Divide dough into 6 pieces and roll or pat each into a thin, flat circle.
4. Place one tortilla at a time on an ungreased skillet or griddle over medium-high heat and cook each side for 1 to 2 minutes.
5. Serve warm with butter or honey.



Helpful Hints: Homemade flour tortillas require just a few ingredients, they are easy to roll out and cost just pennies to make. There are many fillings you can add such as beans, peppers, corn, rice and cheese to make a meal - or - tortillas are also good eaten hot with honey as a snack. One tortilla counts as a serving from the grain group and supplies your body with complex carbohydrates which is your body's best energy source.



Safety Tip: Remember to turn the handle on the skillet or griddle inward and away from the edge of the stove. If a hot skillet or pan would accidentally get knocked down or if a small child would grab the handle, it could really cause a burn.

Kids' Tool Kit

- Mixing bowl
- Fork and spoon
- Measuring spoons
- Measuring cups for liquid and dry
- Rolling pin
- Skillet or griddle
- Spatula

Chef's Choice

- Homemade Tortilla
- Honey
- Apple slices

Nutrition Facts

Serving Size 1 tortilla (37g)
Servings Per Container 6

Amount Per Serving

Calories 100 **Calories from Fat** 20

% Daily Value*

Total Fat 2g **3%**

Saturated Fat 0.5g **3%**

Cholesterol 0mg **0%**

Sodium 240mg **10%**

Total Carbohydrate 17g **6%**

Dietary Fiber less than 1 gram **2%**

Sugars 1g

Protein 3g

Vitamin A 0% • Vitamin C 0%

Calcium 4% • Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Calories: 2,000 2,500

Total Fat Less than 65g 80g

Saturated Fat Less than 20g 25g

Cholesterol Less than 300mg 300mg

Sodium Less than 2,400mg 2,400mg

Total Carbohydrate 300g 375g

Dietary Fiber 25g 30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

For more information about this recipe and other fun recipes: contact your county extension office in Kansas visit the website at www.kidsacookin.ksu.edu, or e-mail kidsacookin@ksu.edu.