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.

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.

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