

Sandra's Whole Wheat Tortillas

From the kitchen of Sandra Cordova, Eagle Pass

Preparation time: 1:30 hours

Number of servings: 25 tortillas

Ingredients:

2 cups white flour

1 cup whole wheat flour

1 teaspoon baking powder

1 teaspoon salt

½ cup vegetable oil

¾ cup warm water

Preparation:

1. In a large bowl, mix flour, baking powder and salt.
2. Make a dip in the center of the dry ingredients. Add oil and water.
3. Knead with your hands for about 5 minutes to form dough. Let dough stand covered for 15 minutes.
4. Form 25 balls out of the dough. Set aside for 5 minutes.
5. Put a small amount of flour on a cutting board and roll each ball out to about 5 inches round.
6. Cook each side on a hot griddle or skillet for about 1-2 minutes or until covered with bubbles. If bubbles get too big, press them down with a dry, clean dish cloth.

Nutrition information per serving:

FAT: 50% of calories from fat (high)

FIBER: 1 gram (med)

CALORIES: 90



TIP

Using whole wheat flour when making tortillas adds more fiber.