

It's a Wrap!

Tortillas Made Easy and Healthy



Homemade tortillas are so good! There is nothing like a homemade tortilla right off the stove. You can make them by hand, use your bread machine, or use a tortilla maker.

Flavored tortillas are made using dried pasta sauce mixes, such as Simply Organic or Sauer's brands. Flavors will vary depending on your grocery store. I was able to use Pesto and southwest Taco flavoring. Make sure you read the ingredients to avoid preservatives or MSG.

Whole Wheat Tortillas

3 cups freshly milled wheat flour
(your choice of variety)
1 teaspoon baking powder
1 teaspoons salt (omit if using Olive
Oil Dipping Sauce)

1/4 cup oil
1 cup hot water
1 (1 5/8 ounce) package pasta sauce,
mix dried (optional)

Directions:

By Hand:

Combine the flour, baking powder, salt, and optional dried pasta sauce mix. Mix oil and water, then add to dry ingredients just enough to make the ingredients look moist.

With your hand or a large fork, knead the mixture making sure to rub the dough against the sides of the large mixing bowl to gather any clinging dough. If the dough still sticks to the side of the bowl, add a couple more tablespoons of flour until the dough forms a soft round shape. The dough is ready to roll out now, but it is best to let it rest. Cover it with a dish towel, and let it sit for about an hour or so.

Take the dough, and pull it apart into 10 to 12 balls. Lightly flour your rolling area, and roll each ball with a rolling pin to about 1/8 inch thickness.

Place each tortilla on a medium hot cast iron skillet or lightly oiled stainless steel cookware. Cook for about 1 to 2 minutes on each side, or until the tortilla does not look doughy.

Bread Machine:

Combine flour, baking powder, optional dried pasta sauce mix, and salt in bread machine. Add oil and water slowly. Let cycle run five or six minutes, then stop machine.

Remove dough from bread machine, cover with a warm wet towel and let sit for 15 minutes, so dough can relax. (Do not skip this step or dough will be difficult to form into tortillas.)

Pinch off egg-sized pieces of dough and roll into balls. Use a rolling pin to roll them into thin rounds.

Heat a dry cast-iron skillet or stainless steel skillet, slightly oiled, to medium.

Transfer tortillas to skillet and cook until spots on the bottom are dark brown. Flip tortillas and cook on second side until spots are dark brown.

Serve immediately. Keep warm in the folds of a kitchen towel if necessary.

Spinach Tortillas

A soft homemade flour tortilla with spinach

Yield: 8 tortillas (10-12 inches in diameter) or more, smaller tortillas

Ingredients:

9 ounces fresh spinach, chopped
(about 4-5 cups of packed, chopped
spinach)
2-3 tablespoons water

2+ cups freshly milled whole wheat
1/2 teaspoon salt or garlic salt
dash of pepper or seasoned pepper
1/4 cup oil

Instructions:

1. In a large pan or skillet over medium to medium-low heat, cook spinach in water. Cover, stirring occasionally, until spinach is wilted and soft. This will probably take about 5 minutes after the pan is hot and the spinach has started to cook.
2. In a mixing bowl, combine flour, salt, pepper, and oil. Stir until crumbly.
3. Add the (hot or warm) spinach mixture, including the water left in the pan from cooking. Knead or stir, adding additional flour as needed (may take a cup or more of extra flour) to make a smooth dough. Knead dough for about 5 minutes, which will mix the spinach in better, and give the dough an even consistency.
4. Divide dough into 8 parts (for 10 to 12-inch tortillas) or more (for smaller tortillas).

5. Pre-heat a stainless steel skillet over medium heat. If using a cast iron skillet, you won't need oil (although you can use a little if you wish).

6. On a lightly floured surface, roll each dough portion into a thin circle (or other shape if desired).

7. Brown tortillas in pre-heated pan for about 5 minutes on each side, just until cooked. A few light brown spots should appear.

I usually start cooking the tortillas while I'm still rolling out the rest of the dough.

Stack cooked tortillas on a plate or in a bowl with a clean towel around them, until all are cooked. Serve warm, filled with your favorite fillings!

Preparation Time: 45 minutes

Cooking Time: 5 minutes on each side

These homemade tortillas are a beautiful green color and have a great spinach flavor. They're hearty but soft (when served hot and fresh!) and taste wonderful.

Olive Oil Dipping Sauce

$\frac{3}{4}$ cup extra virgin olive oil

6 cloves minced garlic

$\frac{1}{2}$ teaspoon salt

1 teaspoon Italian Seasoning

Extra Flavorful Tortillas

Substitute the Olive Oil Dipping Sauce for the salt and olive oil in the recipes listed here. This makes a very delicious tortilla packed with flavor. You will never want to buy tortillas again from the store.

In the event there is an economic recession and money becomes tight then making your own tortillas will save you money and still make a hearty dinner.

Pesto Sauce

1 cup loosely packed basil

3 cloves garlic

1/2 cup olive oil

$\frac{1}{2}$ cup parmesan cheese

3 tablespoons shelled pine nuts or walnuts

Place olive oil in food processor or blender. Start blending adding cheese, garlic and basil leaves. Process until smooth adding more olive oil if needed. Add nuts and blend thoroughly.

Veggie Wrap

Ingredients:

Mushrooms - sliced

Red onions - sliced thinly

Pesto Basil sauce

Fresh spinach

Roasted red peppers strips

Feta cheese - 2 oz per wrap

Swiss cheese

Cook mushrooms and onions on a George Forman grill, lightly oiled. Cook until tender.

Take your favorite tortilla, already cooked, spread pesto sauce over tortilla avoiding the sides.

Place cooked mushrooms and onions on tortilla. Add fresh spinach leaves, roasted red peppers, feta cheese and topped with a slice of Swiss cheese.

Fold sides over food and then fold the end of the tortilla closes to you over the ingredients and then roll up.

Take your filled wrapped tortilla and place seam side down on a George Foreman grill. Close lid and let it sear the wrap and heat the ingredients.

When you are finished you will have a very tasty Veggie Wrap.

Pesto Tortilla Pizza

$\frac{1}{2}$ cup pesto sauce

6 tortillas

2 cups grated cheese

1 large onion

Olive oil

Place tortillas on baking sheet and brush with oil to edges. Spread pesto evenly over tortilla and sprinkle with cheese. Arrange tomatoes over cheese. May add thinly sliced sweet onion if desired. Bake on lowest rack for 7-10 minutes at 450' or until cheese is melted.

Sweet Tortillas

To the whole wheat tortilla recipe add 3 tablespoons sucanat (or savannah gold, or honey crystals) 2 teaspoons cinnamon, and a dash of nutmeg. Prepare as written in the other recipes. Serve with fresh fruit, yogurt and honey. Roll up for a breakfast burrito or dessert.

Nutty Monkey

Using a regular tortilla or a sweet tortilla, spread organic peanut butter over the tortilla. Add sliced bananas, granola, and honey to tortilla. Wrap up and enjoy or toast for a few seconds for a melted flavor.



Crepes

Very similar to Sweet Tortillas but lighter in texture, more like a very thin pancake.

Various grains can be used for this recipe but Kamut is my favorite. It would be good to try spelt, wheat and possibly buckwheat.

Ingredients:

1 egg	1 teaspoon honey
$\frac{3}{4}$ cup nonfat milk, soy or rice milk	$\frac{1}{2}$ teaspoon vanilla extract
1 $\frac{1}{2}$ teaspoons olive oil	$\frac{1}{4}$ teaspoon cinnamon
$\frac{1}{8}$ teaspoon salt	$\frac{1}{2}$ cup flour, freshly milled

Directions:

Place ingredients in blender; blend 30 seconds.

Place approximately $\frac{1}{2}$ teaspoon olive oil to your crepe pan or rounded skillet. Non-stick spray may also be used. These are now available in organic varieties.

Pour 2-3 tablespoons of batter into hot pan; quickly lift and tilt pan to swirl the batter evenly to edges of the pan.

Cook until browned on edges and top appears dry, about 1-2 minutes; loosen with pancake turner and flip over; cook lightly on reverse side.

Stack on plate until ready to fill and fold or roll.

Spread each crepe with about 2 teaspoons spreadable fruit or choice of filling and topping.

To make your own powdered sugar, put sucanat with honey (honey crystals) in a blender to make into powder, and then sprinkle over crepe.

Crepe Options:

Strawberry - strawberry spreadable fruit topping and fresh strawberries.

Apple Walnut - Make an apple topping but cooking 2 teaspoons butter and 3 apples (peeled, sliced) until tender. Add $\frac{1}{2}$ cup walnuts and cinnamon for additional flavor. Top with whipped cream or coconut milk whipped.