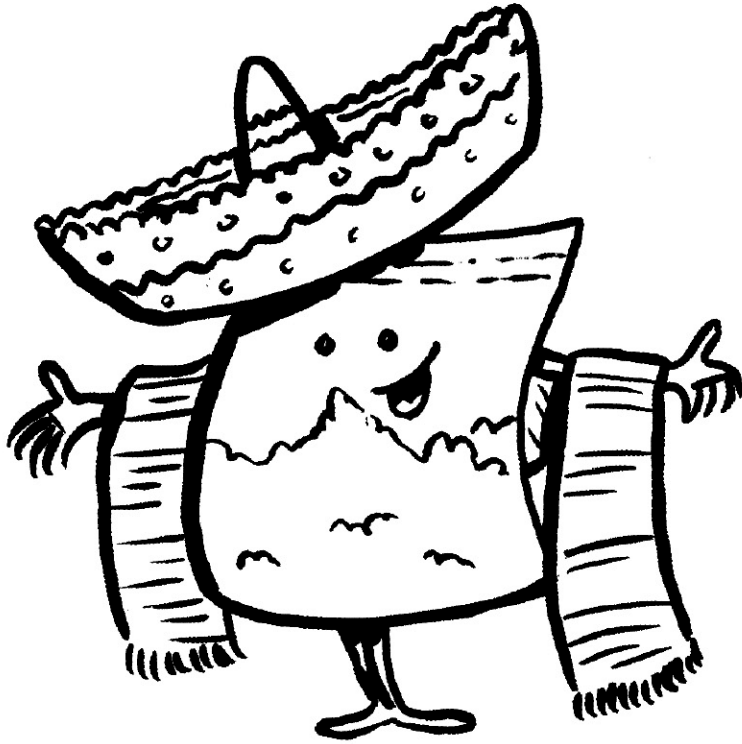


TORTILLA IN A BAG



Materials

- A one-gallon zippered plastic bag
- 1½ cups all-purpose flour
- 1 teaspoon salt
- ½ teaspoon baking powder
- 3 tablespoons shortening
- ½ cup hot water (125° - 130° F)

DIRECTIONS

Use this kid-friendly recipe to make home-made tortillas!

Directions:

1. Combine flour, salt and baking powder in the plastic bag. Zip bag shut and shake to mix.
2. Add shortening to the bag. Reseal the bag and work the mixture with fingers until it's crumbly and there are no large pieces of shortening visible.
3. ADULTS ONLY: Add hot water to the bag. Seal and mix with fingers until the ingredients form a soft dough that pulls away from the sides of the bag.
4. Turn the dough out onto a lightly floured surface. Divide dough into 4 equal pieces and shape into balls. Each child receives 2 balls. Cover them with a plastic bag and let rest for 15 minutes.
5. Roll or pat the dough into 8 or 10-inch circles.
6. ADULTS ONLY: Place each circle on a griddle or frying pan heated to medium high. Cook until dark brown spots appear. Turn tortilla and cook on the other side until brown.

Yields 4-6 tortillas.

Tip:

Want a quick meal? Roll up a tortilla with cheese, salsa, and fat-free refried beans.

To make a fun dessert, sprinkle cinnamon and sugar on top or add pie filling for a tasty treat — just roll up and eat!