



## Tips for Using Tortillas

Tortillas are a way to create a colorful and exciting breakfast, supper or snack. Start with a tortilla and add meat, vegetables, rice, fruit or cheese for different menu options. Your choices in Mexican cooking are endless and best of all, they don't have to be too spicy, hot or high in fat.

**Tortillas** are made with either corn or flour and often times are combined with other ingredients to make a dish that's sometimes hard to pronounce! We've all eaten tacos, but have you had a tamale? Tamales have spicy meat wrapped in cornmeal or masa and then wrapped in softened corn husks and steamed.

**Quesadillas** are either corn or flour tortillas folded around cheese and heated to melt the cheese.

A **burrito** is a warm flour tortilla rolled around a mixture of meat, eggs, beans or avocado and may be eaten for breakfast, dinner or a snack.

**Fajitas** consist of grilled strips of beef or chicken and vegetable slices in a soft tortilla.



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An **enchilada** is a corn tortilla heated in hot oil, dipped in chili sauce and wrapped around a filling of cheese, meat, onions and additional chili sauce.

Tortillas cost just pennies to make with ingredients you have at home. Try making tortillas and creating your own Mexican filling right at home.

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For recipes: Contact your county extension office in Kansas or visit the website at [www.kidsacookin.ksu.edu](http://www.kidsacookin.ksu.edu)

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