



## Tortillas Any Time of Day

Tortillas are an ethnic food that have caught on big all over the United States. We eat them with breakfast, lunch and dinner, and we see them in every kind of restaurant and fast-food stop. Americans ate 84 billion tortillas in 2000—and the number keeps going up each year. Tortillas are a big part of traditional Mexican food, but they are also enjoyed by people who just like to have something simple and light to wrap around their food—a new variation on a sandwich. Different kinds of tortillas work best for different uses—flour tortillas are recommended for burritos and wraps; sometimes for quesadillas. Thin corn tortillas are best for fried dishes, but may not hold up to a sauce. Thicker tortillas make better tacos and enchiladas, but may absorb too much oil if fried. Try serving flour or corn tortillas today!

*(Info from the Chicago Tribune: Stack 'em up, by Judy Hevrdejs. 2/27/02, online at: <http://www.chicagotribune.com/templates/misc printed February 27, 2002>.)*

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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