

Tortillas in a Bag

Flour Tortillas

1 ½ cups all-purpose flour

1 teaspoon salt

½ teaspoon baking powder

3 tablespoons shortening (available in sticks and is easier to use in this form)

½ cup hot water (125 – 130 degrees)

Directions

- In a large plastic bag, combine flour, salt and baking powder. Close bag and shake to mix.
- To the ingredients in the bag, add the shortening. Close bag with a twist tie and work the mixture with fingers until the ingredients form soft dough that pulls away from the sides of the bag.
- Add hot water to the bag. Close the bag and mix with fingers until the ingredients form soft dough that pulls away from the sides of the bag.
- Turn the dough out onto a lightly floured surface. Divide the dough into 4 equal pieces and shape into balls. Each child receives two balls. Cover them with the plastic bag and let them rest for 15 minutes.
- Roll or pat the dough into 8 – 10 inch circles. Place each circle on a griddle or frying pan heated to medium high heat. Cook until dark brown spots appear. Turn tortilla over and cook on the other side until brown.

Want a quick meal? Roll up a tortilla with cheese, salsa and fat-free refried beans. How about a fun dessert? Sprinkle with cinnamon and sugar, roll up and eat. Or add pie filling for a tasty treat.