

TORTILLA LAND®

HOW TO COOK CORN TORTILLAS

Cooking fresh tortillas is as easy as 1-2-3!

- 1 Preheat a non-stick pan to high heat and place tortilla in pan for 10 seconds
- 2 Flip tortilla and cook for 30 seconds or until tortilla begins to puff
- 3 Flip tortilla, cook for 30 more seconds



QUICK RECIPES

Fresh Ideas for Busy Chefs

Restaurant Style Chips Or Tostada

Preheat oil to 360 °F. Poke a few holes in the uncooked tortilla with a fork or knife. For chips, cut the tortilla into 4 pieces. For a tostada, leave whole. Fry the tortilla for 2 minutes or until desired level of crispness. Carefully remove from oil and then drain on a paper towel.

Chicken Caesar Wrap

Cook tortilla and stuff with grilled chicken, romaine lettuce, Asiago cheese and Caesar dressing.

Mediterranean Wrap

Cook tortilla and stuff with field greens, hummus, Feta cheese, diced tomatoes, Kalamata olives, and cucumber.

TIPS

- If you freeze tortillas, keep them tightly sealed; thaw in refrigerator for best results.
- Do not microwave uncooked tortillas (it's okay to microwave them after they're cooked).
- Try cooking them on the grill! They're ready to eat when they have grill marks on both sides.

Visit www.TortillaLand.com for more recipes.