

TORTILLA LAND®

HOW TO COOK FLOUR & CHEESY TORTILLAS

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

- 1 Preheat a non-stick pan to medium heat
- 2 Place tortilla in pan and cook for 30 seconds or until slightly golden and tortilla begins to puff
- 3 Flip tortilla, cook for 30 seconds



QUICK RECIPES

Fresh Ideas for Busy Chefs

Burrito

Cook tortilla and stuff with your favorite pre-cooked ingredients. To wrap it, fold the bottom of the tortilla snugly over the filling, then fold in the left and right edges. Roll the burrito from the bottom to the top, forming a tight cylinder.

Soft Tacos

Cook tortillas and stuff them with the filling of your choice. Fold over "taco style" and serve with guacamole and salsa.

Quesadilla

Cook tortilla on one side, flip and then add your favorite cheese and fold tortilla in half. Continue to cook until cheese is melted. Serve with salsa, sour cream and guacamole.

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.