



Breads and Grains Group Recipes

Whole Wheat Tortillas

Yields: 15 tortillas

- 3 cups whole wheat flour
- 1½ teaspoons baking powder
- ½ teaspoon salt
- ½ cup unsweetened applesauce
- 1 cup warm water

1. In a large mixing bowl combine wheat flour, baking powder and salt.
2. Make a crater in the center of the dry ingredients and add applesauce to mixture.
3. Gradually add warm water to mixture and knead until it forms a soft dough.
4. If dough sticks to hands or fingers gradually add more flour until dough is no longer sticky.
5. Cover the dough and let it stand covered for 15 minutes. (Optional)
6. Form 15 round balls of dough. Set aside for 5 minutes.
7. Put a small amount of flour on a cutting board and roll each ball into a 5-inch round tortilla.
8. Cook each side on a hot griddle or nonstick skillet for 1 to 2 minutes.

Per serving (excluding unknown items): 88.1 Calories; 0.5g Fat (4.5% calories from fat); 3.3g Protein; 19.2g Carbohydrate; 0mg Cholesterol; 109mg Sodium. MyPyramid: 1 Grain (Starch).

Show Time Mix

Yields: 6 servings

- 2 cups air-popped popcorn
- ¼ cup dry roasted peanuts
- 2 cups corn chex cereal
- ½ cup pretzels
- 1 teaspoon Cajun seasoning
- 1 teaspoon onion powder
- non-stick cooking spray

1. Mix popcorn, nuts, cereal and pretzels in a large bowl.
2. Spray lightly with non-stick cooking spray and sprinkle with seasoning and onion powder.
3. Stir to coat evenly. Serve immediately.

Optional: For a sweeter version, omit seasonings and add raisins. Sprinkle mix with cinnamon.

Per serving (excluding unknown items): 123.2 Calories; 3.6g Fat (25.3% calories from fat); 3.4g Protein; 20.1g Carbohydrate; 0mg Cholesterol; 345mg Sodium. MyPyramid: 1½ Grain (Starch); ½ Fat.