



# tortillas *made from corn*

## SERVINGS

6 tortillas

## TIME

20 minutes total

## INGREDIENTS

- 1 cup masa (flour made from corn, available at most grocery stores either the flour or ethnic section)
- 3/4 cup water
- squeeze of lime (optional)
- 1 teaspoon oil (optional)

## EQUIPMENT

- Medium-sized bowl and fork
- Dry and liquid measuring cup
- Griddle or skillet and a flat spatula to flip
- Tortilla press (if you have one) or rolling pin

## DIRECTIONS

- Measure 1 cup masa into a medium-sized bowl.
- Add 3/4 cup water and stir with a fork to combine. Then, use your hands to form a ball of dough. Dough should be sticky enough to hold its shape, but not too wet.
  - If too wet, add a bit more masa.
  - If too dry, add a bit more water.
- Divide dough into 6 pieces, and roll each piece into a ball. Each ball should be about the size of a golf ball.
- Pre-heat a flat skillet or griddle over medium-heat.
- Press dough into tortillas using a tortilla press, heavy pan, or rolling pin.
  - To prevent sticking, place each ball of dough inside a piece of plastic before pressing or rolling (a cut-open zip-top plastic bag works well)
- Add tortillas to hot pan and cook for a couple of minutes on each side, or until a few dark spots start to form. Wrap in foil to keep warm.

## TIPS TO INVOLVE THE KIDS

- Wash your hands! Designate an area to get a bit messy. Take all ingredients and equipment out ahead of time.
- Have your child measure out the masa and water and combine. Help determine whether or not the dough is the correct consistency.
- Help your child separate the dough into 6 pieces and let them roll each piece into a ball.
- Have them help flatten each piece and if appropriate, help cook them on the stove.

## EXTRA!

- Top with taco meat and veggies and enjoy!
- Cut into triangles and dip into guac or salsa.
- Make a quesadilla!

