

**Texas
Wheat**

TORTILLAS



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INGREDIENTS

- 1 1/2 cup all-purpose flour
- 1 teaspoon baking powder
- 1/2 teaspoon salt
- 2 tablespoons shortening
- 1/2 cup hot water

DIRECTIONS

Preheat oven to 400 °F. In a large, self-locking plastic bag, combine flour, baking powder and salt. Add shortening and work into flour until fine particles form. Add the hot water and knead the dough in the bag until it forms a ball. Remove dough from the bag and place on a lightly floured work surface; knead 15 strokes. Divide into six equal pieces; shape into balls. Cover; let rest 15 minutes. On a lightly floured surface, roll each piece as thin as possible. Roll from the center out, turning several times to form an 8-inch circle. Heat an ungreased griddle or skillet over medium heat. Cook until the surface begins to bubble and the under side is speckled golden brown, about 15 to 20 seconds. Cook other side. Stack tortillas under a cloth as they are done and serve warm. Makes 6 tortillas.

Calories per serving (150); 5g Fat (2g Sat. Fat); 23g Carbs; 3g Protein; 286 mg Sodium