

### Tortillas

1/2 cup	unbleached all purpose flour	125	mL
1/3 cup	whole wheat flour	75	mL
1/4 cup	ground flaxseed	50	mL
1 tbsp.	whole flaxseed	15	mL
1/2 tsp.	salt	2	mL
1/3 cup	warm water, 100 to 110° F (40 to 45° C)	75	mL
1 tsp.	flax oil	5	mL

- In a medium bowl, combine flours, ground flaxseed , whole flaxseed and salt.
- In another bowl, combine 6 tbsp. (75 mL) warm water and flax oil.
- Stir into flour mixture, adding more water, 1 tbsp. (15 mL at a time if needed to form a soft dough).
- Knead twelve times.
- Divide dough into 6 equal pieces.
- With oiled hands, shape each into a ball. Cover.
- Let rest 15 minutes.
- Heat 10 inch (25 cm) cast iron skillet over medium high heat.
- Flatten each ball into a round patty.
- Roll out on a lightly floured surface until very thin, approximately 6 to 7 inches (15 to 17 cm) in diameter.
- Cook each side 30 to 45 seconds until blistered and lightly browned. Do not over cook.
- Stack tortillas and cover with a kitchen towel to keep warm.

Yield: 6 servings

Serving Size: 1 tortilla

Serving Suggestions (per tortilla):

#### Suggestion #1

Sprinkle tortilla with ¼ cup (50 mL) grated cheddar or Monterey Jack cheese. Add 2 tbsp. (25 mL) chopped red onion. Fold tortilla in half, press down with palm of hand. Heat skillet over medium low heat. Heat tortilla on both sides until cheese melts 1 ½ minutes on each side. Serve with sour cream and/or salsa.

#### Suggestion #2

Thinly slice one chicken breast per serving. Mince one clove garlic. Heat nonstick skillet over medium heat. Add ½ tsp. (2 mL) flax oil and sauté chicken and garlic until cooked through about 5 minutes. Add 1 tbsp. (15 mL) salsa and 2 tsp. (10 mL) sour cream. Stir until heated through. Spoon into tortilla. Wrap tortilla around filling.

#### Suggestion #3

½ tsp.	butter	2	mL
1	large egg	1	
1 tbsp.	1% milk	15	mL
	dash of salt and pepper		

1	tblsp.	minced ham	15	mL
1	tblsp.	chopped red pepper	15	mL
1	tblsp.	chopped green onion	15	mL

In a small non-stick skillet, melt butter over medium heat until bubbly. Add egg, milk, salt and pepper. Stir well. Sprinkle ham, red pepper and green onion over. Reduce heat to low. Cooking, stirring occasionally until egg is just set, 1 ½ minutes. Lay on top of tortilla and wrap tortilla around filling. Serve with chili sauce or salsa.

#### Single Serving Nutrient Values

Calories	92.12	
Protein	3.26	g
Carbohydrate	14.16	g
Fiber	2.82	g
Fat	3.56	g
Saturated	1.22	g
Monounsaturated	.90	g
Polyunsaturated	1.38	g
Cholesterol	0	mg
Folate	16.88	mcg
Potassium	73.45	mg
Sodium	162.33	mg