



"Bake what you love and love what you bake" established 2005

## Flour Tortillas

### Here is what you need:

- \_\_\_\_\_ 2 cups all-purpose flour (remove ¼ cup add only if needed)
- \_\_\_\_\_ 1/2 teaspoon salt
- \_\_\_\_\_ 3/4 teaspoon baking powder
- \_\_\_\_\_ ¼ cup vegetable shortening
- \_\_\_\_\_ 3/4 cup of water at room temperature

### Here is how you do it:

In a large bowl combine the first three ingredients. Using your fingertips, mix in shortening until it's blended well. Add in the water until the dough forms. Turn out dough on to a works surface and kneed the dough until it's smooth. Divide dough into 8 pieces. Roll each dough portion into a thin round tortilla about 8 inches in diameter. Heat a greased skillet with cooking spray at a medium setting. Please tortilla into the hot skillet cook 2 – 3 minutes on each side. Remove and repeat.

## ***Quesadillas***

Prep Time: 5 min.

### Here's What You Need:

- Large flour tortillas
- Grated cheese - either mild or sharp cheddar, or Monterey Jack
- Oil or cooking spray

### *Optional:*

Sliced mushrooms, Green onions, Black olives, sliced Fresh tomatoes, diced Chicken pieces to add into your quesadillas  
Serve on the side: Avocado (Guacamole), sour cream and salsa on the side

### Here's How You Do It:

Place a flour tortilla on a microwave safe plate or cook in a skillet or frying pan, add cheese and whatever optional ingredients you want and cover with another tortilla and microwave for 1 minute until cheese melts. Cut into 4 to 6 pieces like a pizza pie and enjoy!