

GET CORTLAND COOKING HEALTHY!

A Project of Seven Valleys Health Coalition



RECIPE #1 HOMEMADE TORTILLAS

Ingredients needed:

- 1 cup all-purpose flour
- 1 tablespoon cornmeal
- 1/2 cup, plus 2 tablespoons water
- 1/4 teaspoon salt
- 1/2 teaspoon chipotle powder
- 1/2 teaspoon paprika
- 1 teaspoon olive oil

*chipotle and paprika can be left out if you want plain tortillas

Instructions:

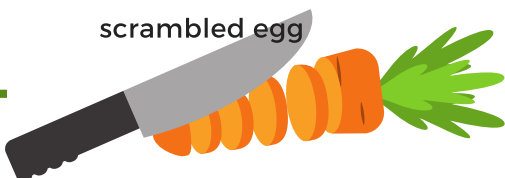
1. In a mixing bowl combine the flour, cornmeal, water, salt, chipotle powder, paprika, and olive oil. Mix with your hands.
2. Divide dough into roughly golf ball size pieces (larger if you want larger tortillas).
3. Using a rolling pin, roll these out into circles (about 1/4 inch thick).
4. Cook on a skillet over medium heat for about 1-2 minutes each side. *Do not oil skillet

Instead of making tortillas, use this recipe but roll out one large sheet of dough - cut triangles and bake at 375 for 10 minutes for homemade tortilla chips.

RECIPE #2 TZATZIKI TACOS

Ingredients needed:

- 1 large cucumber, shredded (peeled or unpeeled)
- 2 cups plain Greek yogurt
- 4 cloves garlic, finely minced
- 1/3 cup fresh dill, chopped
- 2 tablespoons lemon juice
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1/2 lb shredded chicken or scrambled egg



Instructions:

1. Mix all ingredients in a bowl until fully combined. Refrigerate for 10-15 minutes.
2. Add shredded chicken or scrambled egg to your tortilla shell, then using a spoon, top with desired amount of tzatziki.

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RECIPE #3 BEET TACO FILLING

Ingredients needed:

- 2-3 beets
- 1/2 cup cabbage, shredded
- 1/2 cup onion, diced
- 2 garlic cloves, minced
- 2 tablespoons olive oil
- 1/2 teaspoon cumin
- 1/2 teaspoon oregano
- 1 1/2 teaspoons chili powder
- Salt and pepper to taste
- 4 tortillas

Instructions:

1. Preheat oven to 400 degrees.
2. Peel and slice beets into thin half-moon shapes.
3. Toss with olive oil, cumin, oregano, chili powder, salt and pepper.
4. Add minced garlic cloves to the baking sheet, toss again so both the beets and the garlic cloves are coated.
5. Bake 20-30 minutes.
6. Shred or chop cabbage.
7. Place 3-4 beet slices and cabbage in a tortilla.

