



Tortillas, Whole Grain, Frozen

MyPlate Food Group: **Grains**



Nutrition Information

- 1 whole grain tortilla counts as 1 ounce of grain in the ChooseMyPlate.gov Grains group. Whole grain tortillas are a whole grain.
- Grains are divided into 2 subgroups: Whole Grains and Refined Grains.
- Refined grains have been milled, a process that removes the bran and germ. This process also removes dietary fiber, iron, and many B vitamins.
- Most refined grains are enriched. This means certain B vitamins (thiamin, riboflavin, niacin, folic acid) and iron are added back after processing. Fiber is not added back to enriched grains.
- Whole grains contain the entire grain kernel — the bran, germ, and endosperm.
- For specific information about whole grain tortillas, please refer to the product’s Nutrition Facts Panel or ingredient list.

Uses and Tips

- Tortillas can be used to make enchiladas, fajitas, quesadillas, wraps, or a crust for personal pizzas.
- Place deli turkey or ham, cheese, and thinly sliced veggie strips on top of tortilla and roll up very tightly. Slice roll into about 6 pieces for a fun sushi-like snack or meal.

Storing Foods at Home

- Store whole grain tortillas in the freezer at 0 degrees F or below. When you are ready to use the whole grain tortillas, thaw the entire package in the refrigerator. It may take up to 24 hours to thaw the entire package.
- Once thawed, store any unused whole grain tortillas in the refrigerator, tightly sealed in its package.

MyPlate Facts

- Try to make at least ½ of the grains you eat each day whole grains.
- Grains are important sources of many nutrients, including dietary fiber, B vitamins (thiamin, riboflavin, niacin, and folate), and minerals (iron, magnesium, and selenium).
- Dietary fiber from whole grains or other foods, may help reduce blood cholesterol levels and may lower risk of heart disease, obesity, and type 2 diabetes.
- Fiber is important for proper bowel function. It helps reduce constipation and promotes regularity. Fiber-containing foods such as whole grains help provide a feeling of fullness with fewer calories.



USDA Foods

Three Sisters Quesadilla

Makes 8 servings

Ingredients:

- 1 can (15 ounce) beans (black or pinto), drained and rinsed
- 1 teaspoon chili powder
- ½ teaspoon ground cumin
- 2 tablespoons vegetable oil (divided)
- 1 zucchini (or other summer squash), cut lengthwise into quarters and thinly sliced
- ⅓ teaspoon salt
- Pinch of red pepper flakes
- 1 cup corn, canned or frozen
- 8 whole grain tortillas, thawed
- 2 cups low-fat cheese, shredded

Directions: Wash hands with soap and water.

1. In a medium bowl, toss beans with chili powder and cumin.
2. Heat 1 tablespoon of vegetable oil over medium-high heat. Sprinkle zucchini with salt and cook the zucchini until the pieces soften and start to turn golden. Add pepper flakes and cook until some edges become crispy and brown. Add corn to the pan and cook for an additional minute.
3. Remove the zucchini corn mixture from pan.
4. On a flat surface, sprinkle one tortilla with about 1 ounce of cheese. Add veggie mixture. Sprinkle an additional 1 ounce of cheese and top with another tortilla.
5. Heat the remaining 1 tablespoon of vegetable oil in the same pan. Place the quesadilla in the pan and cook until the edges turn brown – about 1 minute. Carefully flip and cook until the other side until it is golden brown and edges are crispy, about another minute. Repeat with the other quesadillas.
6. Cut into wedges and serve with salsa and plain yogurt or sour cream.

Recipe adapted from First Nations Development Institute

Cinnamon Chips

Makes 4 servings

Ingredients:

- 4 whole grain tortillas, thawed
- 2 teaspoon sugar
- ¼ teaspoon cinnamon
- Cooking spray

Directions: Wash hands with soap and water.

1. Preheat oven to 350 degrees F.
2. Mix sugar and cinnamon in small dish or place in an empty salt shaker.
3. Cut tortillas into wedges and place in a single layer on large baking sheets. Spray each side with butter-flavored cooking spray. Sprinkle with sugar mixture. Bake for 8-10 minutes.
4. Remove from oven and allow to cool 15 minutes.

Recipe adapted from North Dakota State University