Whole-wheat tortillas are a good source of fiber, B vitamins and folate. Enjoy whole-wheat tortillas as the base for burritos, soft tacos and quesadillas.

Buying whole-wheat tortillas...
- Select tortillas that list whole-wheat flour as the first ingredient.
- Look for whole-wheat tortillas with the lowest amounts of saturated fat, trans fat and sodium.

Storing whole-wheat tortillas...
- Store whole-wheat tortillas in a plastic bag in the refrigerator. Use within 7 to 10 days.
- Freeze left-over tortillas. Stack them with a sheet of waxed paper between each one. Put the stack into a zip-lock bag. Store in the freezer for up to 2 months.

Enjoying whole-wheat tortillas...
- Warm whole-wheat tortillas before eating. You can do this in the oven or microwave. You can also use a hot skillet. Look on the package for the best directions for the tortillas you have.
- Cover tortillas with a kitchen towel until ready to serve to keep them warm and soft.
Mix and Match Burritos

This recipe lets each person select his or her favorite toppings. It uses several WIC foods: whole-wheat tortillas, beans, cheese and vegetables you can buy with your cash-value vouchers.

**Ingredients...**

- Whole-wheat tortillas (7 to 9 inches) - 1 for each person
- **Filling** - pick 1 of the following. You will need ½ cup for each burrito.
  - Canned black or pinto beans, heated
  - Cooked chicken, cut in bite-sized pieces
  - Scrambled eggs
- **Seasonings** - any mixture of the following
  - ½ teaspoon cumin
  - 1 teaspoon chopped garlic
  - ½ teaspoon chili powder
  - ½ teaspoon dried basil
- **Toppings** - any mixture of the following
  - Lettuce, shredded
  - Salsa
  - Red or green bell pepper, chopped
  - Onion, chopped
  - Cilantro, chopped
  - Reduced-fat cheddar cheese, shredded
  - Reduced-fat sour cream

**Directions...**

1. For each burrito, heat a tortilla. Cover with a towel to keep warm.
3. Let each person add their own toppings.
4. Roll up tortilla. Serve immediately.

**Family Goals**

- [ ] My family and I will try whole-wheat tortillas.
- [ ] My family and I will try breakfast burritos.
- [ ] My family and I will try black bean burritos.
- [ ] My family and I will try whole-wheat tortillas with cheese.
- [ ] Other ____________________________