



**WIC...**

**Healthy Habits,  
Healthy Families**

## **Whole-wheat Tortillas**

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.

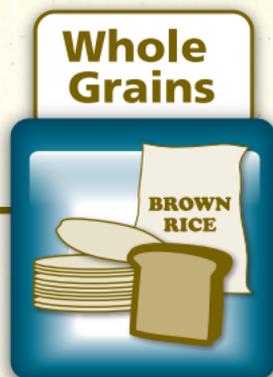
### **Storing whole-wheat tortillas...**

- 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.

**Eat more whole grains.  
Increase fiber.**



# 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  $\frac{1}{2}$  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
  - $\frac{1}{2}$  teaspoon cumin
  - 1 teaspoon chopped garlic
  - $\frac{1}{2}$  teaspoon chili powder
  - $\frac{1}{2}$  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.
2. Mix seasonings of choice into filling of choice. Put  $\frac{1}{2}$  cup of filling in the center of the tortilla.
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 \_\_\_\_\_



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