



WIC...

**Healthy Habits,
Healthy Families**

Soft-corn Tortillas

Soft-corn tortillas are a good source of fiber, B vitamins and folate. Enjoy soft-corn tortillas for enchiladas, fajitas or tacos.

Buying soft-corn tortillas...

- Select tortillas that list **whole-grain corn** or **whole-grain corn meal** as the first ingredient.
- Look for soft-corn tortillas with the lowest amounts of saturated fat, trans fat and sodium.

Storing soft-corn tortillas...

- Store soft-corn 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 soft-corn tortillas...

- Warm soft-corn 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.**



Quick Cheese Enchiladas

Makes
6
servings

This recipe uses two WIC foods: soft-corn tortillas and reduced-fat cheese.

Ingredients...

- 1 large (19-ounce) can enchilada sauce plus 1 small (10-ounce) can enchilada sauce
- 12 (6- to 7-inch) soft-corn tortillas
- 3 cups (12 ounces) reduced-fat Monterey Jack cheese, shredded
- 1 medium onion, chopped
- 3 green onions with tops, thinly sliced

Directions...

1. Preheat oven to 350° F.
2. Warm enchilada sauce in a medium sauce pan. Dip one tortilla at a time into enchilada sauce. Keep it in the sauce until it is soft enough to roll (about 1 minute).
3. Put about 3 tablespoons cheese and 2 teaspoons of chopped onion in the center of the tortilla. Roll up the tortilla. Put enchilada, seam side down, in a 13- x 9-inch baking pan. Repeat until all the tortillas are filled.
4. Spoon remaining sauce over the enchiladas. Sprinkle with remaining cheese.
5. Cover with foil. Bake for 20 to 30 minutes or until hot in the center.
6. Sprinkle with green onions just before serving.

Nutrition information...

Calories 300, Fat 13g, Carbohydrate 31g, Protein 18g, Fiber 4g, Sodium 1710mg, Cholesterol 40mg.

Family Goals

- My family and I will try soft-corn tortillas.
- My family and I will try cheese enchiladas.
- My family and I will try tacos made with soft-corn tortillas.
- My family and I will try black bean enchiladas.
- Other _____



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