

Corn Soy Blend Tortillas

- ¾ cup corn/soy blend
- 1 tsp. chili powder
- ½ tsp. salt
- ¼ cup warm water
- 2 Tbsp. Soybean oil for frying

Mix the corn/soy, chili powder and salt in medium bowl.

Gradually add warm water to make a soft, pliable dough, kneading with fingers and palms.

Pull off a piece of dough slightly larger than a golf ball and shape into a ball.

Form a tortilla by lining the top and bottom of a tortilla press with waxed paper or plastic wrap and putting dough ball just off center, towards the hinge. Gently press down.

Heat a lightly oiled griddle or large skillet on high heat. Remove the wax paper or plastic wrap from a tortilla and gently lay down in the pan. Fry for about 30 seconds to a minute on each side, until golden. Little air pockets should form.

Makes 6 (6½ inch) tortillas

Nutrition Facts per Serving: 100 Kcal, 6 g Fat, 11 g Carbohydrate, 3 g Protein, 2 g Fiber, 0 mg Cholesterol, 200 mg Sodium

Nutrition Facts per Serving replacing corn/soy blend with corn meal: 100 Kcal, 5 g Fat, 13 g Carbohydrate, 1 g Protein, 1 g Fiber, 0 mg Cholesterol, 200 mg Sodium