

**Recipe Name    Homemade Corn Tortillas – makes about 12 tortillas/4 servings**

**Ingredients:**            2 cups organic ground Masa Harina Corn Flour  
                                   ½ tsp. kosher salt  
                                   ½ tsp. oregano  
                                   1 ½ - 2 cups hot water

**Directions**

1. Mix salt and oregano into the masa harina
2. Pour 1 ½ cups of the water into the flour and stir using your fingers. Add more water little by little until all flour is incorporated and a nice dough is formed. It should feel like a soft cookie dough, firm and springy, not too sticky, but not dry.
3. Cover with a slightly damp towel and let rest for about an hour (this step can be skipped, but your dough will be smoother if you let it rest)
4. Roll dough into golf ball sized balls, keeping them covered until ready to press.
5. Cut two roughly 8” square pieces of parchment paper OR cut open a quart sized zip tip bag making two roughly 8” square pieces of plastic bag
6. Use a tortilla press, pie pan or skillet to press your tortilla to a 5-6” round, trying to get it evenly pressed
7. Heat a griddle, cast iron crepe pan, skillet, or non-stick skillet to medium high heat. While pan is heating, prepare a clean towel in a Dutch oven (if you have one – a towel alone works, just won’t keep tortillas warm for as long)
8. Remove one layer of plastic/parchment paper. Then, place your hand near one edge of your tortilla and gently remove the second piece of wrap. Very gently, place tortilla onto griddle/pan, trying to avoid bubbles.
9. Allow tortilla to sit here for 10-30 seconds and then flip. Cook tortilla for about 1-2 minutes until you begin to see a bit of browning around the edge. Flip one last time. Ideally, your

**Nutrition Facts**

Servings: 4	
<b>Amount per serving</b>	
<b>Calories</b>	<b>209</b>
	<small>% Daily Value*</small>
<b>Total Fat</b> 2.2g	3%
Saturated Fat 0.3g	2%
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 297mg	13%
<b>Total Carbohydrate</b> 43.6g	16%
Dietary Fiber 5.6g	20%
Total Sugars 0.4g	
<b>Protein</b> 5.3g	
Vitamin D 0mcg	0%
Calcium 87mg	7%
Iron 4mg	23%
Potassium 174mg	4%

\*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calorie a day is used for general nutrition advice.

Recipe analyzed by **verywell**



## RECIPE

tortilla will puff at this point. You can help it along by tapping the center or pressing for a moment with your spatula. Cook for another 30 seconds or so and remove to prepared towel/Dutch oven. Continue to cook all your tortillas, stacking them in the towel so that they continue to steam as they sit.