

Mom Start

Now I love Corn Tortillas - La Tortilla Factory Review

I must first begin with telling you that I love tortillas. I have eaten corn tortillas so often growing up that I was sick of them. Sick! I still use flour tortilla's quite often in my own cooking now though. I like to try different brands because I'm looking for healthy and tasty. So when **La Tortilla Factory** contacted me and asked me to do a review I said I would love to.



About La Tortilla Factory:

We are a family of employees committed to satisfying our customers' needs through innovative and great tasting products that contribute to a healthy lifestyle.

Sounds simple, doesn't it? This is the mission Grandma and Grandpa Tamayo began La Tortilla Factory with, and even today, in an age of cheaply manufactured, low-quality, processed foods with ingredients no one can pronounce, it's what we do every day. We're proud to bring you quality foods with healthy ingredients, and Grandma and Grandpa Tamayo would be proud too.

They arrived much faster than I ever expected them to. I opened up the corn tortilla's and served them to my children and took a bite of one as I was making it. And I couldn't stop. We ate them as a meal until they were gone. I think I got three meals out of them. We had ham and cheese and then we had steak and cheese. Yumm.

Hand Made Style Corn Tortillas are available in Yellow Corn, White Corn and Chipotle flavors, these corn tortillas are the first of their kind to be nationally available and offer a unique blend of corn and wheat. The flavor we tried was the yellow corn. I can't wait until I find the chipotle flavor. This authentic corn tortilla product is soft and flexible – attributes not often associated with corn tortillas and are perfect for grilled chicken, fish or veggies. I did find that it was extremely soft and moist. They are available for a suggested retail price of \$1.99-2.49 for an 8-tortilla pack, these premium tortillas contain 90 calories, 14 grams of whole grains, no hydrogenated oils and 0 grams trans fat.

We were also sent a bag of:



MultiGrain La Tortilla Factory's Smart & Delicious EVOO SoftWraps™ are an easy way to ensure your family is eating well over the busy summer months and are a great way to liven up lunches on the run! Tomato Basil, Rye, Whole Wheat and Multi Grain are just a few varieties available in the line. At only 90-100 calories/wrap, they won't be making a huge dent in the diet and they're a great way to fit in whole grains. (The Multi Grain variety contains 13g whole grains, while the Whole Wheat adds a whopping 22g/serving!) La Tortilla Factory products are superior to other wraps and tortillas on the market with more fiber, yet fewer carbs and calories than traditional breads and tortillas. Plus, as an extra bonus, the company does not use lard or trans fats in any of its products making them the perfect fit for any busy family!

I haven't had a chance to try them out yet. We can only eat so much at a time you know.

La Tortilla Factory wanted me to share this recipe with you.

Grilled Mushroom and Swiss Cheese Quesadilla

Serves 2

Preparation time 8 minutes Cooking time: 10 minutes

1 tablespoon olive oil

2 cups crimini or white mushroom, brushed with paper towel to remove dirt

½ teaspoon salt

¼ teaspoon freshly ground black pepper

1 cup small dices zucchini

½ cup small diced tomatoes

½ cup shredded Swiss cheese

2-4 La Tortilla Factory tortillas

½ cup guacamole, store-bought or home made, optional

1. Preheat the griller or broiler, sprinkle 1 tablespoon plus olive oil, salt and pepper to the mushroom, and cook for 1- 2 minutes or until lightly caramelized. If using broiler, spread the mushroom on a sheet pan and cook in the broiler for about 5-7 minutes or until brown.

2. Transfer to a bowl and cooled, then thinly sliced

3. On a same griller or a skillet, place a tortilla on a the griller of the skillet, place a tortilla, spread about 2 tablespoons cooked mushrooms, 1 tablespoon of zucchini, tomatoes and 2 tablespoons of cheese and fold into half. Cook over medium-low heat for 1 minute or until the cheese is melted or the tortilla is lightly brown. Flip the tortilla to other side and cook to light brown.

Continue to cook the remaining tortilla. Serve with guacamole.