



CAPTAIN COOK'S HOMEMADE TORTILLAS

These are so delicious!! So much better than store bought and so incredibly easy to make. Also this is a great recipe to take into your child's classroom for a party. Just bring along an electric skillet and the prepared dough and help the kids make quesadillas. (You'll look like Supermom!!)

1 $\frac{1}{2}$ - 2 Cups organic unbleached flour

4 Tablespoons vegetable oil

$\frac{1}{2}$ teaspoon salt

$\frac{1}{2}$ C warm water

1. In large bowl, mix flour and oil together until it crumbles.
2. In small bowl, dissolve salt in warm water and pour over flour mixture.
3. Use hands to mix dough, if too wet add more flour (dough should not be so sticky that it sticks to your hands).
4. Sprinkle flour on your work surface and knead 4-5 minutes. (This is basically just "playing with playdoh" but will blend the ingredients and make dough smooth and elastic).
5. Place back in greased bowl, cover and let rest for 30 minutes (This dough doesn't have yeast in it so it will not rise. But it does need to "rest" to relax the gluten and make it easier to form tortillas).
6. Divide into 4 balls and roll out into 8" rounds with rolling pin.
7. Place, one at a time in skillet over med-high and cook first side 1-3 minutes, flip and cook other side 1-3 minutes. Top with cheese if desired.

CAPTAIN COOKS AWARD WINNING GUACAMOLE

- 1-2 avocados, diced
- 2 organic tomatoes, diced
- 3 T organic cilantro, chopped
- 1/4 organic onion, diced
- 1 garlic clove, minced
- 1 teaspoon jalapeno, seeded and minced
- 1 T organic grapefruit juice (secret ingredient)
- ½ teaspoon sea salt

1. Slice and dice accordingly and combine all ingredients.
2. Leave avocado pit in bowl to prevent browning.