

RECIPE

Sweet Potato Tortillas



Ingredients

- 3 medium to large sweet potatoes,
- 1 tsp apple cider vinegar
- ½ cup water
- 1 Tbsp baking powder
- ½ tsp salt
- 1-1 ½ cup white whole wheat flour

Preparation:

Scrub sweet potatoes, then poke each one several times with a fork and microwave 3 minutes or until tender. Allow to cool.

Peel the potatoes and place them into a mixing bowl. Add the baking powder, vinegar, water and salt and mix until smooth.

Add one cup of the flour, mix well and then add the rest ¼ cup at a time until all stickiness is gone and a workable dough is achieved.

Using a bit of extra flour to coat each, roll the dough into about 12 equal size balls.

Using a rolling pin or a tortilla press, roll or press each ball into a thin disc shape, to form a tortilla, and place it onto a pre-heated nonstick electric griddle. Cook until visibly toasted, about 3-5 minutes on each side, then remove onto a serving plate and cover with a tea towel to keep warm until all are toasted. Serve with stir fried peppers and onions, mashed black or red beans, salsa etc.

Tips: Make Gocchi!

This very same dough can be made and used to make sweet potato gnocchi!!

It's true! Just roll it into a rope about ½ inch in diameter and then cut the rope into 1 inch pieces. Roll each piece off the end of a fork to shape and collect onto a floured, parchment-lined baking sheet. Boil in salted water just until all pieces float, drain and serve with sauteed greens, onions, sage, and mushrooms!