



Corn tortillas are just one of several options now available.

## new tortillas for every taste

Gone are the days of having only two choices of tortillas: corn and flour. Sparked by the United States' growing Hispanic population and the introduction of new types of tortillas, from low-carb to veggie-flavored, sales are at an all-time high of \$5.2 billion per year, reports the Tortilla Industry Association. "Tortillas are healthy, easy to cook with and now come in many sizes and flavors," says the association's executive director, Amy Hope. Here's a snapshot of some nationally available products.

tortilla	serving size	cal.	fat/sat. fat (g)	fiber (g)	carbs (g)	comments
Food for Life Sprouted Grain Tortillas	1 tortilla (57 g)	150	3.5/0.5	5	24	Contains certified organic whole grains, including wheat and barley as well as soybeans; good, earthy flavor
La Tortilla Factory 100% Fat Free Tortillas, Soft Taco Size	1 tortilla (51 g)	90	0/0	8	24	Great flour-tortilla texture and taste; oat fiber makes it a healthy choice.
La Tortilla Factory Whole Wheat Low-Carb/Low-Fat Tortillas, Original Flavor	1 tortilla (36 g)	50	2/0	8	11	Contains oat fiber; not as flavorful as regular whole-wheat tortillas
Mission Flour Tortillas, Fajita Size	1 tortilla (37 g)	110	3/0.5	1	19	Good old-fashioned flour-tortilla taste
Mission Garden Spinach Herb Wraps	1 wrap (70 g)	210	5/1	1	34	Contains wheat flour; good herb flavor, though spinach hard to detect
Mission Sundried Tomato Basil Wraps	1 wrap (70 g)	210	5/1	1	33	Contains wheat flour; spicy tomato kick
Mission Whole Wheat 96% Fat Free Flour Tortillas	1 tortilla (51 g)	140	2.5/0.5	2	26	Hearty taste
Tia Rosa Yellow Corn Tortillas	1 tortilla (36 g)	100	1/0	2	21	Authentic corn-tortilla taste

— Maureen Kennedy

**produce delivered to your door** Make eating more fruits and vegetables easier by signing up with a local farm to have fresh produce delivered to your home or office. You can choose how much you want to receive and how often, and some farms also will let you specify foods you don't want. As a bonus, many offer organic produce as well as other foods like honey and eggs. Delivery is usually included in the price (\$25 and up per week for a box of produce that easily feeds two or more); if you live alone you can save money by splitting the order with a neighbor or co-worker. To find a participating farm in your area, visit [www.nal.usda.gov/afsic/csa/](http://www.nal.usda.gov/afsic/csa/) or type "produce delivery" into a search engine. — Julia Tolliver Maranan



If they're in the house, you'll eat them.

PHOTOGRAPHY: (FROM TOP) JULIE TOY; TARA SCROK