

GOURMET



TORTILLAS

**IDEAS FOR NEW
FLAVORED FLOUR TORTILLAS**
CHILI,
CHEESE,
SUN DRIED TOMATO,
PESTO
SPINACH

Cut into shapes and bake like crackers for garnish.

Salad Bowls...Use Sun Dried Tomato Bowl filled with black beans...Cheese Bowl with chili...Chili Bowl with Caesar Salad and sliced chicken!...Pesto Bowl with pasta spiral salad...Spinach Bowl with chicken and pimento salad! The ideas are endless!!

FIESTA ROLLS...Any flavor tortilla spread with cream cheese and rolled up with meat, vegetables and a green leaf lettuce core (see included recipes):

Imagine ...

- A **SPINACH** tortilla with smoked salmon & cumpers
- A **PESTO** tortilla with smoked turkey & tomatoes
- A **SUN DRIED TOMATO** tortilla w/ roast beef and watercress
- A **CHEESE** tortilla with Chopped Vegetables and green leaf lettuce
- A **CHILI** tortilla with Cheddar Cheese and spicy roast beef

- FAJITAS with assorted tortillas.
- BREAKFAST BURRITOS with cheese tortillas.
- RATATOUILLE in sun dried tomato tortillas.
- TUNA SALAD with pesto or chili tortillas.
- VEGGIE FAJITAS in assorted tortillas.



ABUELITA

MEXICAN FOOD PRODUCTS

CHICKEN AND ZUCCHINI ENCHILADAS

- 1 teaspoon butter
- 1 small zucchini, peeled and cut into 1/4" cubes
- 10 medium mushrooms, finely chopped

Melt butter in a large skillet over medium heat. Saute zucchini and mushrooms until tender, about 10 minutes. Cool to room temperature.

- 2 cups cooked and shredded chicken, skin removed
- 1/2 cup thinly sliced black olives
- 2 cups grated provolone cheese

Add chicken, black olives and cheese to mushroom mixture. Mix well.

- 10 Sun-Dried Tomato or Chili or Cheese flour Tortillas

Place 1/2 cup of chicken mixture on one side of a tortilla. Starting on the filled side, roll up the tortilla. Place in a baking dish, seam side down. Continue with remaining tortillas. Top with Salsa and freshly grated Parmesan Cheese.

Bake at approximately 350° degrees for 20 minutes, or until bubbly and lightly browned.

Serves 5.

SHREDDED BEEF & EGGPLANT ENCHILADAS

The flavors in this dish are subtle and well blended, so even people who are not eggplant lovers will enjoy it. Serve with sour cream and fresh salsa on the side.

- 1 tablespoon butter
- 2 cups thinly sliced mushrooms
- 1/2 small scallion, finely chopped
- 2 cups small eggplant cubes, peeled

Melt butter in a large skillet over medium-low heat. Add onions and saute until translucent, about 10 minutes. Add mushrooms and eggplant. Saute until tender, about 15 minutes. Remove from heat and drain.

- 1 lb. chuck, ground or shredded and cooked
- 2 cups grated Monterey Jack Cheese
- 1 teaspoon dried parsley (or 2 TBSP fresh, minced)
- 1/2 teaspoon dried minced green bell pepper (or 2 TBSP fresh)
- Salt and pepper to taste

In a large bowl, combine sauteed mushrooms and eggplant, beef, cheese, parsley and bell pepper. Mix well. Season with salt and pepper.

- 10 Chili, Cheese or Sun Dried Tomato Tortillas

Place 1/2 cup of the beef and eggplant mixture on one side of a tortilla. Starting on the filled side, roll up the tortilla. Place rolled tortilla, seam side down, in a baking dish. Continue with remaining tortillas. Cover with a fresh salsa or red chili sauce and grated cheese. Bake at 325° for 20 minutes or until lightly browned.



ABUELITA

MEXICAN FOOD PRODUCTS

MORE IDEAS FOR NEW FLAVORED FLOUR TORTILLAS

CAJUN SIZZLE

Chicken, shrimp and Adouille Sausage with black beans and rice. Roll up in a Sun Dried Tomato, Pesto, Chili or Cheese Tortilla.

UPTOWN DELIGHT

Sliced steak with mushrooms, onion, horseradish cream, brown rice. Folded into a Sun Dried Tomato or Cheese Tortilla.

POLLO OLÉ

Cubed chicken breast, Spanish rice, black beans and salsa. Wrap in a Chili or Cheese Tortilla.

SHRIMP SURPRISE

Saute shrimp in butter or oil with garlic, lime cilantro and a bit of salsa. Add some saffron rice and wrap in a Pesto Tortilla.

PACK LIST

Code	Ship Weight	Cube	Item	Case Pack
210	25 LBS	.80	8" SPINACH	20 DZ
211	25 LBS	.80	8" PESTO	20 DZ
213	25 LBS	.80	8" SUN-DRIED TOMATO	20 DZ
214	25 LBS	.80	8" CHEESE	20 DZ
215	25 LBS	.80	8" CHILI	20 DZ
216	29 LBS	.84	12" SPINACH (LOW FAT)	10 DZ
217	29 LBS	.84	12" PESTO	10 DZ
218	29 LBS	.84	12" SUN-DRIED TOMATO	10 DZ
219	29 LBS	.84	12" CHEESE	10 DZ
220	29 LBS	.84	12" CHILI	10 DZ
226	29 LBS	.84	12" ROSEMARY HERB & GARLIC	10 DZ
228	29 LBS	.84	12" SESAME, WHOLE WHEAT	10 DZ



MEXICAN FOOD PRODUCTS

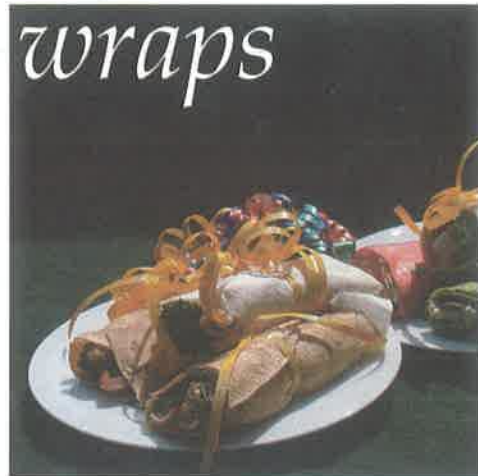
Manassas Park, Virginia
Telephone: (703) 369-0232

Shape a menu around the world's most versatile flatbread

The amazing tortilla wraps

The heart of the kitchen is your variety of possibilities and no ingredient carries as much palate pleasing potential as the humble tortilla. Baked, fried or functioning as the cool wrap, tortillas take their cakey culinary prize every time you taste them

- Red Chili Wrap** - Santa Fe marinated grilled chicken, roasted red pepper, romaine, pepper jack cheese
- Whole Wheat California Wrap** - sprouts, avocado, sun dried tomato, jack cheese
- Pesto Brooklyn Hero Wrap** - salami, cappicola ham, provolone, chopped cherry peppers, shredded iceberg, tomato, red onion
- Plain Flour Casablanca Wrap** - couscous, raisins, grilled eggplant, grilled red onion
- Whole Wheat Vegetarian Wrap** - 8-grain salad with dried cranberries, sprouts and romaine
- Spinach Wrap** smoked turkey, honey mustard, caramelized onion, spinach and Havarti cheese
- Sun Dried Tomato Wrap A La Francaise** - Boursin, roast beef, Bibb lettuce, tomatoes
- Cheddar -Black Forest Wrap** - Bavarian ham, Emmenthaler Cheese, grainy mustard, tomatoes and sprouts
- Whole Wheat Greek Vegetarian Wrap** - Feta cheese, plum tomatoes, cucumber, red onion, kalamata olives, oregano and red wine vinaigrette
- Pesto BLT Wrap** - bacon, herbed mayonnaise, plum tomatoes and shredded lettuce
- Spinach Mediterranean Tuna Wrap** - chunks of Albacore tuna, capers, red onion, romaine, tomatoes and vinaigrette
- Plain Flour Turkey Cobb Wrap** - chunks of turkey, avocado, bacon, tomato, crumbled bleu cheese and shredded lettuce
- Rosemary Herb Smoked Salmon Wrap** - Boursin cheese, smoked salmon, red onion, capers, chopped egg
- Cheddar Cheese Tenderloin Wrap** - roast beef tenderloin, horseradish sauce, cheddar cheese and romaine
- Sun Dried Tomato Wrap** - poached baby shrimp in Old Bay mayonnaise with shredded lettuce and tomato
- Whole Wheat Wrap** fresh carved turkey with Applewood smoked bacon and herbed mayo
- Rosemary Herb** poached salmon with tarragon mayonnaise and bibb lettuce
- Pesto Roma Wrap** - fresh mozzarella, plum tomatoes, fresh basil, cracked black pepper and arugula
- Spinach Wrap** - Genoa salami and aged provolone with grainy mustard
- Whole Wheat Sushi Wrap** - medium rare seared tuna in sticky rice with soy dipping sauce
- Red Chili Ranch Chicken Wrap** - grilled chicken, roasted red peppers, grilled onions, romaine, ranch dressing and plum tomatoes
- Sun Dried Tomato and Shrimp Gazpacho Wrap** - poached shrimp, tomatoes, onions, cucumbers and peppers



HOT WRAPS

- Cheddar Cheese Philly Wrap** - cheese steak with sauted peppers, mushrooms and onions
- Red Chili Wrap** - marinated fajita chicken, scallions, peppers, salsa, fresh cilantro
- Rosemary Herb and Garlic Wrap** - hot turkey pastrami with 1000 island dressing, Swiss cheese and cole slaw
- Plain Flour Grilled Cheese Wrap** - melted American, Cheddar and Parmesan cheeses, romaine, sun dried tomato and bacon
- Whole Wheat Mediterranean Wrap** - grilled vegetables cut in julienne and rolled in romaine with herbed goat cheese
- Sun Dried Tomato Greek Wrap** - grilled sliced lamb with tzatziki and diced cucumbers
- Rosemary Wrap** - grilled tuna with ginger-soy mayo, sprouts and julienne cucumber
- Pesto Wrap** - Italian sausage and peppers with melted provolone
- Spinach Wrap** - rotisserie chicken with artichokes, roasted peppers and grilled red onion
- Red Chili Wrap** - fiery Sonoran grilled swordfish with chipotle mayonnaise, grilled peppers and shredded romaine
- Spinach Wrap** - carved French ham and brie with sprouts, red onion and dijonaise



BREAKFAST WRAPS

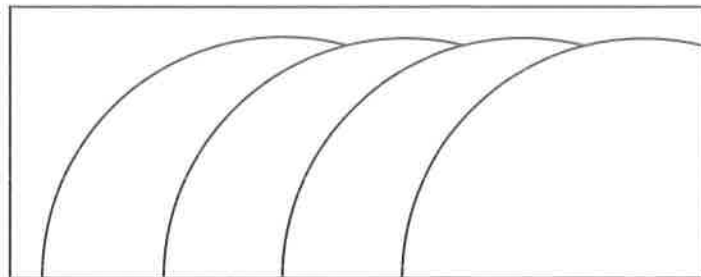
- Red Chili Texas Griller Wrap** — spicy sausage and scrambled eggs with Jack cheese
- Cheddar Cheese Breakfast Burrito Wrap** — scrambled eggs with shredded cheddar, green chilies and fresh cilantro
- Whole Wheat Veggie Wrap** — crumbled soy with scallions, cheddar, tomatoes and eggs
- Spinach Wrap** — herbed cream cheese with smoked salmon and dill

THE VERSATILE TORTILLA

Flour *tortillas* offer chefs multiple options. It's not surprising, the plain *tortilla* has been used as a vehicle for food for thousands of years. For modern culinarians the obvious choices include *quesadillas*, soft *tacos* and *burritos*. Literally any combination of foods can be employed crawfish and tasso ham *quesadillas*, *chipolte*-lime shark *tacos* and black bean, rice and BBQ pork *burritos*. Old World technology for new world tastes and talent.

Flavored *tortillas*, known as wraps, bring a new look, new styles and new ideas to the table. Colors and flavors increase the appeal of plate presentations and create flavor profiles to exceed the growing expectations of customers. The basics still apply; just use these flavorful *tortillas* to create a new generation of *quesadillas*, soft *tacos* and *burritos*. New wrap flavors enhance your recipes cumin crusted chicken tucked in a red chili *quesadilla*, soft spinach *taco* stuffed with grilled portobello mushrooms, zucchini, sweet peppers and shredded pepper jack cheese, sun-dried tomato burrito filled with rosemary-scented grilled lamb.

ABUELITA'S wraps are easy to use as well as versatile. Freeze or refrigerate for storage, work with wraps at room temperature and refreeze as needed; these wraps make producing great appetizers and entrees easy and profitable. Whether you need sandwich wraps, *quesadillas*, *fajitas*, *burritos* or any recipe calling for a new way to serve food, flavored *tortillas* are a great way to get the job done.



FANTASTIC FLOUR TORTILLA FUNCTIONALITY

Fried Strips - Cut in strips, fried and salted for a great bar snack or garnish on salads for extra texture and crunch

Salad bowls for Santa Fe chicken salads, beef *taco* salads or seafood Caesars

Fiesta rolls - Pinwheel slices of rolled *tortillas* filled with cream cheese and deli meats, great for catering

Mexican crepes - Fill with fruits, hot or cold, top with whipped cream and more fruit; or deep-fry then dust with powdered sugar and cinnamon for dessert *chimichangas*.

Burritos and chimichangas - of course!



MEXICAN FOODS

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Manassas Park, VA 20111

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PACK LIST

Flour Tortillas (hand-stretched) Frozen

101	6" Flour Tortillas h/s	24 dz.
201	8" Flour Tortillas h/s	12 dz.
302	10" Flour Tortillas h/s	12 dz.
412	12" Flour Tortillas h/s	12 dz.
454	14" Flour Tortillas h/s	10 dz.

Flour Tortillas (Pressed) Frozen

209	9" Whole Wheat Press	12 dz.
401	6" Flour Tortillas - Press	24 dz.
402	8" Flour Tortillas - Press	24 dz.
403	10" Flour Tortillas - Press	20 dz.
404	12" Flour Tortillas - Press	10 dz.
405	14" Flour Tortillas - Press	10 dz.
409	12" Whole Wheat Press	10 dz.

Flour Tortillas/Wraps (pressed) Frozen

210	8" Spinach	20 dz.
211	8" Pesto	20 dz.
213	8" Sun Dried Tomato	20 dz.
214	8" Cheese	20 dz.
215	8" Chili	20 dz.
216	12" Spinach - Low Fat	10 dz.
217	12" Pesto	10 dz.
218	12" Sun Dried Tomato	10 dz.
219	12" Cheese	10 dz.
220	12" Chili	10 dz.
226	12" Rosemary, Herb, Garlic	10 dz.
228	12" Sesame, Whole Wheat	10 dz.
230	Fiesta Variety Pack -- 12" cheese, pesto, sun-dried tomato, plain, and chili	10 dz.