

Fruit Salsa and Cinnamon Chips

15 servings

Make half your plate fruits and vegetables.

Fruit Salsa

- 3 kiwi, gently rubbed under cold running water, peeled and diced
- 2 apples, gently rubbed under cold running water, peeled, cored, and diced
- 6 ounces raspberries, washed gently under cool running water
- 1 pound strawberries, washed gently under cool running water, sliced
- 2 Tablespoons sugar
- 1 Tablespoon brown sugar
- 3 Tablespoons strawberry fruit preserves

Cinnamon Chips

- ¼ cup sugar
- 1 teaspoon cinnamon
- 10 whole wheat flour tortillas

1. Wash hands with soap and water.
2. In a large bowl, combine kiwis, apples, raspberries, strawberries, 2 Tablespoons sugar, brown sugar, and fruit preserves. Mix gently.
3. Cover and chill in the refrigerator for at least 15 minutes.
4. In a small bowl, mix ¼ cup sugar with 1 teaspoon of cinnamon.
5. Preheat oven to 350 °F.
6. Cut tortilla into wedges and arrange in a single layer on a large baking sheet. Coat one side of each wedge with cooking spray. Sprinkle wedges with cinnamon and sugar mixture. Spray again with cooking spray.
7. Bake 8-10 minutes. Repeat with any remaining tortilla wedges. Serve with chilled fruit salsa.
8. Store leftover salsa in a sealed container in the refrigerator for up to four days.



Nutrition Information per Serving (1/15 of recipe): Calories 160, Total Fat 3g, Saturated Fat 1.5g, Cholesterol 0mg, Sodium 190mg, Total Carbohydrate 31g, Dietary Fiber 2g, Total Sugars 15g, includes 6g Added Sugars, Protein 3g, Vitamin D 0%, Calcium 6%, Iron 6%, Potassium 4%.