

Fruit Salsa with Cinnamon Chips



Prep Time: 2

This fruit salad can be made with any combination of fruit that is available. Try using 'in season' fruit for best flavor and lowest cost.

If you have a pizza cutter, it will save time to spray both sides of the tortillas, sprinkle with the cinnamon sugar blend, stack them and cut into strips or wedges with the pizza cutter. If your oven is already heated, you may bake the chips 8 to 10 minutes at 350°F. Once they feel a little crispy and are golden brown, remove them from the oven. They will become crispier as they cool.

Fruit Salsa:

- 1 cup strawberries, chopped
- 1 banana, chopped
- 1 kiwi, chopped
- 1 Granny Smith apple, unpeeled, cored and chopped
- 2 Tablespoons lemon juice
- 1/4 cup sugar
- 1/4 teaspoon nutmeg
- 1/4 teaspoon cinnamon

Cinnamon Chips:

- 4 whole wheat tortillas
- Non-stick cooking spray
- 1/4 cup sugar
- 1 teaspoon cinnamon

Salsa:

Add strawberries, banana, kiwi, and apple to a large bowl. Sprinkle with the lemon juice to help prevent the banana and apple from browning and lightly mix. Add the sugar, nutmeg and cinnamon. Lightly mix and place in refrigerator to chill.

Chips:

Mix cinnamon and sugar together in a small bowl. Cut tortillas into strips with kitchen shears. Spray strips lightly with non-stick cooking spray and sprinkle lightly with the cinnamon sugar blend.

Heat a large skillet on medium-high heat and coat with cooking spray. Heat strips on skillet until lightly brown.

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Serve the chilled fruit salsa accompanied by the cinnamon chips.

Serves 4

Calories 315; Fat 3.4g; Carbohydrates 69g; Fiber 3.6g; Sodium 215mg; Vitamin C 48mg; Cholesterol; 0mg

NOTES: _____

Total Cost: \$6.55

Cost Per Serving (4): \$1.63

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