Fresh Fruit Salsa with Cinnamon Crisps

4 strawberries
½ banana
1 apple
1 kiwi
1/8 cup orange juice
2 Tablespoon sugar, divided
1 pinch nutmeg
1 teaspoon cinnamon
2 (8-inch) tortillas

Cooking spray

1. Preheat oven to 350ºF. Peel and core the kiwi. Dice the strawberry, apple, banana, and kiwi into ¼ inch pieces. Mix orange juice, 1 tablespoon sugar, nutmeg, and ¼ teaspoon cinnamon. Toss with fruit. Chill.
2. Cut each tortilla into 8 pieces. Arrange on a baking sheet. Lightly coat with cooking spray.
3. Combine remaining cinnamon and 1 tablespoon sugar. Bake 6 to 8 minutes until slightly browned. Serve with fruit salsa. Makes 4 servings (1/4 cup salsa and ½ tortilla). Each serving contains 160 calories, 2.5 g fat, 220 mg sodium, 32 g carbohydrate and 2 g fiber.

Sources:
1. USDA’s Seasonal Produce Guide: http://go.unl.edu/ddca
2. Recipe adapted from Fast Foods, Nebraska Extension 4-H Curriculum, 4H5000: http://go.unl.edu/h9yb