Fresh Fruit Salsa Anytime

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Fresh Fruit Salsa with Cinnamon Crisps

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

1. Wash hands with soap and water. Preheat oven to 350ºF.
2. Cut each tortilla into 8 pieces. Arrange on a baking sheet. Lightly coat with cooking spray.
3. Combine ¼ teaspoon cinnamon and 1 tablespoon sugar. Sprinkle over tortillas slices.
4. Bake 6 to 8 minutes until slightly browned.
5. Gently rub produce under cold running water. Peel and core the kiwi. Core the apple. 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. Serve cinnamon crisps with fruit salsa.
6. Store leftover salsa in a sealed container in the refrigerator for up to four days. Each serving contains 170 calories, 1.5 g fat, 105 mg sodium, 38 g carbohydrate and 5 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

Here are a few tips for serving fruit to young children:

- Set a good example for children by eating fruit every day with meals or as snacks.
- Offer children a choice of fruits for lunch.
- Depending on their age, children can help shop for, clean, peel, or cut up fruits.
- While shopping, allow children to pick out a new fruit to try later at home.
- Decorate plates or serving dishes with fruit slices.
- Top off a bowl of cereal with some berries. Or, make a smiley face with sliced bananas for eyes, raisins for a nose, and an orange slice for a mouth.
- Keep a bowl of whole fruit on the table, counter, or in the refrigerator.

For more information check out Food Fun for Young Children at: http://go.unl.edu/chi