

Fruit Salsa and Cinnamon Chips

10 servings

Make half your plate fruits and vegetables.

- 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
- 1/2 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 1/2 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.

Nutrition Information per Serving: (1/10 of recipe) Calories 210, Total Fat 3g, Saturated Fat 0.5g, Sodium 230mg, Total Carbohydrate 45g, Dietary Fiber 4g, Protein 3g