



Fruit Salsa with Cinnamon Sugar Chips

Servings 6 | Prep time 15 mins. | Total time 45 mins.

Equipment:

Cutting board
Can opener
Colander
Small bowl
Aluminum foil
Baking sheet

Utensils:

Knife
Measuring cups and spoons

Ingredients

For the fruit salsa:

4 cups fresh or canned fruit, diced (such as 2 small apples, 1 15 ounce can sliced peaches in juice, drained, and 8 ounces fresh strawberries)
1 1/2 teaspoons lemon juice

For the cinnamon sugar chips:

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

Nutritional Information:

Calories 170
Total Fat 2g
Sodium 170mg
Total Carbs 37g
Protein 3g

Instructions

1. Before you begin, wash your hands, surfaces, utensils, tops of cans, and produce.
2. Preheat oven to 400 degrees.
3. While the oven is preheating, combine diced fruit with lemon juice in a medium bowl. Cover with plastic wrap and place in refrigerator until serving time.
4. Stack tortillas on a cutting board, cut stack in half, and cut each half into three wedges to make a total of 36 pieces.
5. In a small bowl, combine sugar and cinnamon.
6. Spray front and back of several tortilla wedges with non-stick spray. Press wedges one at a time into cinnamon sugar mixture before the spray dries. Arrange wedges on prepared pan(s) in a single layer.
7. When baking sheet(s) is full, bake 8-10 minutes, turning once halfway through baking time. If only using one baking sheet, bake second batch.
8. Cool chips and serve with fruit salsa.