

Fruit Salsa and Cinnamon Chips

Ingredients:

2 kiwi fruit
2 golden Delicious apple
1 pound strawberries
8 ounces raspberries
2 tablespoons sugar
1 tablespoon brown sugar
Vegetable oil spray
10 each flour tortillas
1/4 cup cinnamon sugar

Equipment:

Cutting Board
Knife
Small thin edged spoon
Cookie Sheet
Mixing Bowl
Measuring Cup
Measuring Spoons

Number of Servings: 10
Preparation Time: 30 minutes
Total time: 30 minutes

Directions

1. Preheat oven to 350°F. Gently wash all fruits before starting. Cut out any bad places or throw away soft berries.
2. Using a cutting board and a knife, cut the ends off the kiwi. Use a small spoon with a thin edge and slide the spoon between the skin and the fruit to take off the peel. Slice kiwi and place in a mixing bowl.
3. Cut apple in half and remove core. Chop into small pieces. Leave the peeling on for more fiber! Add to bowl. Slice strawberries into small pieces and add to bowl. Add raspberries.
4. Mix together sugar and brown sugar in a small bowl. Mix into fruit and chill .
5. Cut flour tortillas into wedges or pieces and lay on a cookie sheet. Spray with vegetable spray. Sprinkle wedges with cinnamon sugar. Spray again.
6. Bake in preheated oven 8 to 10 minutes. Allow to cool for 15 minutes. Serve with chilled fruit mixture.

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Nutrition Facts

Serving Size: 1/4 cup fruit and 8 wedges
Servings: 10

Amount Per Serving		
Calories 306		Calories from Fat 45
		%Daily Value*
Total Fat 5g		8%
Saturated Fat 1g		6%
Cholesterol 0mg		0%
Sodium 347mg		14%
Total Carbohydrate 59g		20%
Dietary Fiber 6g		23%
Protein 7g		14%
Vitamin A 1%	Vitamin C 64%	
Iron 16%	Calcium 11%	

*Percent Daily Values are based on a 2,000 calorie diet

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