

From the Kitchen of
THE CENTER
for Health Improvement

Fruit Salsa 'n' Sweet Chips

Recipe provided by: www.mayoclinic.com

Ingredients: For Tortilla crisps:

8 whole-wheat tortillas

1 TBSP sugar

½ tsp cinnamon

For Fruit Salsa:

3 c. diced fresh fruit, such as apples, oranges, kiwi, strawberries, grapes or other fresh fruit

2 TBSP sugar-free jam, any flavor

1 TBSP honey or agave nectar

2 TBSP orange juice

Instructions: Preheat oven to 350°F. Cut each tortilla into 10 wedges. Lay pieces on two baking sheets. Make sure they aren't overlapping. Spray the tortilla pieces with cooking spray. In a small bowl, combine sugar and cinnamon. Sprinkle evenly over the tortilla wedges. Bake for 10-12 minutes or until the pieces are crisp. Place on a cooling rack and let cool. Cut the fruit into cubes. Gently mix the fruit together in a mixing bowl. In another bowl, whisk together jam, honey and orange juice. Pour this over the diced fruit. Mix gently. Cover the bowl with plastic wrap and refrigerate for 2 to 3 hours. Serve as a dip or topping for the cinnamon tortilla chips.

Nutritional Information
(Per serving):

Serves 10

Serving Size: 8 chips

and 1/3 c salsa

Calories: 119

Fat: 3 g

Saturated fat: trace

Cholesterol: 0 g

Carbohydrates: 21 g

Sodium: 90 mg

Protein: 2 g