



A Nutrition Resource

# SUMMER FRUIT SALSA WITH CINNAMON CHIPS

**Yield: 8 Servings | Serving Size: 1 tortilla with 1/4 cup salsa**

**Cost/Serving: \$0.75**

### Ingredients:

- 1 apple, cored and chopped into small pieces
- 1 cup fresh strawberries, chopped OR 1 (10-ounce) package frozen strawberries
- 2 kiwis, peeled and shopped
- 1/2 cup crushed pineapple, drained (save 2 Tablespoons pineapple juice)
- 8 (8-inch) whole wheat flour tortillas
- 2 teaspoons cinnamon mixed with 3 tablespoons sugar (add more cinnamon if desired)

### Directions:

- 1) Chop all fruit (use food processor if desired, but do not puree).
- 2) Combine fruit with pineapple juice. Chill.
- 3) Preheat oven to 350°F.
- 4) Sprinkle tortillas with approximately 2 teaspoons water (or spray with water).
- 5) Sprinkle each tortilla with cinnamon and sugar mixture.
- 6) Cut each tortilla into eight wedges and place on baking sheet.
- 7) Bake at 350°F for 6 minutes.
- 8) Cool on rack. Store in airtight container.
- 9) Serve tortilla chips with salsa.

## Nutrition Facts

8 servings per container  
**Serving size 1 tortilla with 1/4 cup salsa (120g)**

Amount per serving  
**Calories 160**

% Daily Value\*

Total Fat 3.5g	4%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 270mg	12%
Total Carbohydrate 31g	11%
Dietary Fiber 2g	7%
Total Sugars 9g	
Includes 3g Added Sugars	6%
<b>Protein 4g</b>	
Vitamin D 0mcg	0%
Calcium 99mg	8%
Iron 1mg	6%
Potassium 124mg	2%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



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