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Fruit Salsa with Cinnamon Crisps

You can substitute with different fruit and add jalapeño. Or substitute Splenda or stevia for sugar, follow usage guide for conversion.

Ingredients

1 cup strawberries, chopped
1 Red Delicious apple, chopped
1 cup mango, chopped
1 kiwifruit, peeled and chopped
2 tablespoons fresh lemon or lime juice
1 tablespoon sugar
1 ½ T fresh mint
1 1/4 teaspoons ground cinnamon, divided
4 (7 1/2-inch) whole wheat tortillas
Vegetable cooking spray
1 tablespoons sugar

Preparation

Combine fruit. Stir together lemon juice, 1 tablespoon sugar, and 1/2 teaspoon cinnamon; toss with fruit and mint. Chill.

Cut each tortilla into eight wedges. Arrange pieces on baking sheet and lightly coat with cooking spray. Combine remaining 3/4 teaspoon cinnamon and 1 tablespoon sugar. Sprinkle over tortilla chips.

Bake at 350° for 6 to 8 minutes or until lightly browned. Serve with fruit salsa.

Nutritional Information: 4 servings

Calories: 260 Fat: 3 g Carbohydrate: 67g Sodium: 168 mg
Protein: 5.6 g Fiber: 4 g