

Fruit Salsa

Makes 3 servings

Ingredients

- ¾ cup chopped strawberries
- 2 apples, cored and chopped
- 1 kiwifruit, peeled and chopped
- 1 Tablespoon brown sugar
- 1 Tablespoon fruit jelly
- Juice from one orange



Directions

1. Combine all fruit in a bowl.
2. Add sugar, jelly, and juice.
3. Use Cinnamon Chips, graham crackers, or pieces of fruit to dip into salsa.

Nutrition Facts

Serving Size 1/2 cup (202.67g)
Servings Per Container 3

Amount Per Serving	
Calories 120	Calories from Fat 0
% Daily Value*	
Total Fat 0g	1%
Saturated Fat 0g	0%
Trans Fat	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 28g	9%
Dietary Fiber 4g	17%
Sugars 21g	
Protein 1g	2%
Vitamin A 0%	Vitamin C 100%
Calcium 2%	Iron 2%

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

Tortilla Chips

Makes 6 servings

Ingredients

- 6 small tortillas: yellow corn, white corn, or whole-wheat flour tortillas
- Non-stick spray
- Salt

Nutrition Facts

Serving Size 6 chips (25g)
Servings Per Container 6

Amount Per Serving	
Calories 50	Calories from Fat 5
% Daily Value*	
Total Fat 0.5g	1%
Saturated Fat 0g	1%
Trans Fat	
Cholesterol 0mg	0%
Sodium 400mg	17%
Total Carbohydrate 11g	4%
Dietary Fiber 2g	6%
Sugars 0g	
Protein 1g	3%
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 0%

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

Directions

1. Cut tortillas into 6 wedges and place in single layer on a cookie sheet.
2. Spray the chips lightly with non-stick spray.
3. Sprinkle lightly with salt.
4. Bake in oven at 400°F until golden crisp. Corn tortillas will take 3-5 minutes. Flour tortillas will take 5-10 minutes. White corn tortillas are often crispier than yellow.

Variations:

Cinnamon Chips - Mix 3 Tablespoons sugar and 1 teaspoon cinnamon in a bowl. Sprinkle on tortillas instead of salt.

Mexican Chips - Sprinkle 2 Tablespoons of Mexican Seasoning on tortillas instead of salt.