

Fruit Salsa with Cinnamon Crisps

Servings: 8

Source: Adapted from Spend with Pennies by Extension Master Food Volunteer

Salsa doesn't have to be spicy! Try dipping cinnamon crisps into this delicious fruit salsa at your next gathering. The fruit can be substituted based on preference or what is on hand.

INGREDIENTS

4 10-inch flour tortillas
Cooking spray
1/3 cup granulated sugar
1 teaspoon cinnamon
2 teaspoons freshly squeezed lemon juice
Zest from one lemon
2 large granny smith apples, peeled and chopped finely
1 pound fresh strawberries, chopped finely
1 cup cantaloupe, chopped finely
1/2 pound blueberries
4 tablespoons strawberry preserves

DIRECTIONS

1. Preheat the oven to 350°. Combine cinnamon and sugar
2. Spray both sides of the tortilla and sprinkle each side lightly with cinnamon sugar..
3. Stack tortillas and cut into 1 inch strips using a pizza cutter. Place on a baking sheet and bake for 8-11 minutes or until crisp.
4. Place the apples in a large bowl. Add 2 teaspoons lemon juice and mix well
5. Add the strawberries, melon, blueberries and strawberry preserves and mix gently to combine.
6. Allow to sit at room temperature for at least 15 minutes before serving.

Nutrients Per Serving:

230 Calories | 3g Fat (1g Saturated) | 50g Carbohydrates | 13g Added Sugar | 4g Protein | 320mg Sodium | 4g Fiber