



## Fruit Salsa with Cinnamon Crisps

6 Servings • 1 Serving = ½ Cup Salsa and 8 Crisps

Adapted from [tasteofhome.com](http://tasteofhome.com)

### INGREDIENTS

- 1 cup strawberries, finely chopped
- 1-2 oranges, peeled and finely chopped
- 3 kiwis, peeled and finely chopped
- 1 (8 ounce) can crushed pineapple in 100% juice, drained
- 2 Tablespoons sugar
- 1 teaspoon ground cinnamon
- 6-8" whole wheat tortillas
- 1 small bowl of water

### DIRECTIONS

1. Preheat oven to 400°F, and spray two baking sheets with non-stick cooking spray.
2. Combine the fruit in a medium bowl. Mix well, cover, and store in the refrigerator until time to serve.
3. In a small bowl, mix the sugar and cinnamon.
4. Place 1 tortilla on a cutting board. Dip a paper towel in the bowl of water and rub against the tortilla. Evenly sprinkle about a teaspoon of the cinnamon-sugar mixture over the tortilla. Cut the tortilla into 8 triangles and place on the greased baking sheets. Repeat these steps with the remaining tortillas.
5. Bake the tortillas in the oven until crispy, about 7-8 minutes.
6. Split the fruit into 6 equal portions and serve with tortilla crisps.

Nutrition Facts	
6 servings per container	
Serving size 1/2 Cup Salsa and 8 Crisps	
Amount per serving	
<b>Calories</b>	<b>210</b>
% Daily Value*	
Total Fat 4g	5%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 320mg	14%
Total Carbohydrate 41g	15%
Dietary Fiber 3g	11%
Total Sugars 14g	
Includes 4g Added Sugars	8%
Protein 5g	
Vitamin D 0mcg	0%
Calcium 38mg	4%
Iron 1mg	6%
Potassium 242mg	6%

\*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.

Developed by The Children's Hospital of San Antonio

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