

# Ideas for your healthy family

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## Fun family meals

Whip up some fun in the kitchen. Put your family's taste buds to the test with this simple and tasty recipe.

### Fruit salsa and sweet chips

Serves 8, serving size: about 8 chips and 1/3 cup salsa, 105 calories per serving

#### Ingredients:

##### For tortilla crisps:

8 whole-wheat fat-free tortillas  
Cooking spray  
1 tablespoon sugar  
1/2 tablespoon cinnamon

##### For fruit salsa:

3 cups diced fresh fruit, such as apples, oranges, kiwi, strawberries, grapes or other fresh fruit  
2 tablespoons sugar-free jam, any flavor  
1 tablespoon honey or agave nectar  
2 tablespoons orange juice

#### Directions:

1. Heat the oven to 350 F. Cut each tortilla into 8 wedges. Lay pieces on two baking sheets. Make sure they aren't overlapping. Spray the tortilla pieces with cooking spray.
2. In a small bowl, combine sugar and cinnamon. Sprinkle evenly over the tortilla wedges. Bake for 10 to 12 minutes or until the pieces are crisp. Place on a cooling rack and let cool.
3. Cut the fruit into cubes. Gently mix the fruit together in a mixing bowl. In another bowl, whisk together jam, honey and orange juice.
4. Pour this over the diced fruit. Mix gently. Cover the bowl with plastic wrap and refrigerate for 2 to 3 hours. Serve as a dip or topping for the cinnamon tortilla chips.

