

Strawberry Kiwi Salsa

Ingredients:

1 cup strawberries, chopped
 1/2 cup kiwi fruit
 1/2 cup cucumber
 1 tablespoon honey
 2 teaspoons lime juice
 1/2 teaspoon ground cinnamon
 1/4 teaspoon ground ginger
 Non-stick cooking spray
 2 tablespoons sugar
 1 teaspoon ground cinnamon
 6 flour tortillas, 6"

Equipment:

Cutting board
 Knife
 Mixing bowl
 Small mixing bowl
 Measuring spoons
 Baking sheet

Number of Servings: 6
 Preparation Time: 20 minutes

Directions

1. Pre-heat oven to 375°F.
2. Wash strawberries and use the end of a potato peeler to remove stems and caps. Add to large bowl.
3. Wash kiwi fruit and cut off ends. Use a potato peeler to remove skin from kiwi, then slice into slices, then cut into small pieces. Add to bowl.
4. Wash and cut ends off of cucumbers. Cut into slices, stack and cut into quarters. Add to large bowl.
5. In a small bowl, mix together honey, lime juice, cinnamon and ginger. Stir well and pour over fruit. Mix well and refrigerate for at least 30 minutes to blend flavors.
6. For the chips, mix sugar and cinnamon in small bowl. Spray tortillas lightly with non-stick cooking spray. Cut each into 8 wedges. Place on baking sheet. Sprinkle wedges with cinnamon-sugar mixture.
7. Bake in oven 8 to 10 minutes or until crisp. Cool completely on wire rack. Serve with strawberry cucumber salsa.

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Nutrition Facts

Serving Size: 8 wedges with 1/4 cup salsa
 Servings: 6

Amount Per Serving		Calories from Fat 15	
Calories 167			
		%Daily Value*	
Total Fat 3g			4%
Saturated Fat 1g			3%
Cholesterol 0mg			0%
Sodium 178mg			7%
Potassium 158mg			5%
Total Carbohydrate 32g			11%
Dietary Fiber 3g			10%
Protein 4g			7%
Vitamin A 1%	Vitamin C 49%		
Iron 9%	Calcium 6%		

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

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