

## Apple Salsa and Chips

### Ingredients:

- 2 medium apples
- 1 teaspoon lemon juice
- 2 teaspoons brown sugar
- 2 teaspoons apricot preserves
- 1/8 teaspoon cinnamon
- 4 whole wheat tortillas, 96% fat free
- 2 teaspoons margarine, melted
- 1/2 teaspoon cinnamon
- 1/2 tablespoon sugar

### Equipment:

- Cutting Board
- Knife
- Measuring spoons
- Medium bowl
- Small saucepan
- Pastry brush
- Baking sheet

Number of Servings: 4  
 Prep Time: 20 minutes  
 Total time: 20 minutes

### Directions

1. Preheat oven to 350°F.
2. Leave the peeling on the apple and cut in half, and in half again, and cut out seeds and core. Chop into small pieces. Add to medium bowl.
3. Add lemon juice, brown sugar, apricot preserves, and cinnamon to the bowl, mix well and cover and refrigerate until chilled.
4. Melt margarine in a small saucepan. Brush tortillas with melted margarine, and cut into wedges.
5. Arrange on baking sheet, sprinkle with cinnamon and sugar, bake at 350°F until golden brown, about 10 minutes. Let cool before serving.

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### Nutrition Facts

Serving Size: 1/2 cup apples and 8 wedges  
 Servings: 4

Amount Per Serving		Calories from Fat 45	
		%Daily Value*	
<b>Total Fat</b> 5g			7%
Saturated Fat 1g			4%
<b>Cholesterol</b> 0mg			0%
<b>Sodium</b> 404mg			17%
<b>Total Carbohydrate</b> 42g			14%
Dietary Fiber 4g			16%
<b>Protein</b> 4g			8%
Vitamin A 3%	Vitamin C 8%		
Iron 8%	Calcium 3%		

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

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