

Strawberry-Apple Salsa with Cinnamon Crisps



Cinnamon Crisps

5	small (20 cm/8-inch) flour tortillas	5
15 mL	granulated sugar	1 tbsp
2 mL	cinnamon	½ tsp

Strawberry - Apple Salsa

250 mL	hulled strawberries	1 cup
1	medium tart apple, peeled and diced	1
30 mL	liquid honey or brown sugar	2 tbsp
2 mL	grated orange zest (optional)	½ tsp

Directions

Preheat oven to 425°F (220°C).

Cinnamon Crisps: Brush tortillas with water; sprinkle with sugar and cinnamon. Cut into wedges. Place on baking sheet and bake for 5 minutes or until golden and crisp.

Salsa: In a medium bowl, mash strawberries; add apples, honey and if using, orange zest. Stir to blend well. Serve with Cinnamon Crisps.

Nutrition Facts: Experiment with new ways to enjoy nutrient-packed fresh fruit in season. Choose different fruits each day to benefit from the variety of nutrients that each fruit provides.

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Yield: 5 servings

Nutrition information:

Per Serving

Calories	161 kcal
Carbohydrate	32.9 g
Protein	3.0 g
Fat	2.4 g
Dietary Fiber	2.2 g
Sodium	151 mg

Fruit salsa is a refreshing snack for summer entertaining. Set the salsa out with a basket of cinnamon tortilla crisps and watch it disappear. This salsa also makes a delicious topping for plain yogurt.

Tips:

- To increase fibre, choose whole grain tortillas. Look for “whole wheat whole grain” on the label.
- Kids can help hull and mash strawberries.
- Mix different types of fruit such as raspberries, peaches, pears or cranberries.
- Try making salsa without adding sugar or honey. If the flavour is too tart, add a bit of sugar.



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