

Fruit Salsa with Cinnamon Chips



This recipe is so versatile & easy to make that you simply cannot mess it up. The ingredient combinations are endless so you can experiment with it until you find your favorite flavor.

Fruit salsa is light so it makes an excellent companion for steak, fried chicken and meals that tend to be heavy. It's also a great dish to take to a cookout, a day at the lake or a potluck.

When certain fruits are not in season, you can use canned versions or make a combination of fruit and veggies salsa to liven up the flavors.



Fruit Salsa Ingredients

You can use any variety of fruit and amounts of each that you'd like. I selected fruits based on color, so the dish would display nicely.

- 2 fresh peaches (1 ¼ cup canned)
- 1 ½ cup blackberries
- 1 cup pineapple chunks
- 3 kiwi fruits
- 2 cups strawberries (about 12-15 whole berries)

- ½ cup orange juice
- 6 tbsp. apple jelly

Fruit Salsa Preparation:

If you are using canned fruits, drain them well.

Dice the fruit into bits about ½ inch square in size. Any smaller and they may turn to mush before serving.



Pour fruit into a bowl and carefully fold fruit together. Do not mix too long or too vigorously or it will cause the fruit to break down.



Next, in a separate bowl, combine the $\frac{1}{2}$ cup of orange juice and 6 tablespoons of apple jelly.

Tip: Apple jelly and orange juice work well for the fruits I chose, however, you can sweeten this dish in a variety of ways. You might try using:

- Honey
- Powdered sugar
- Brown sugar
- Granulated sugar
- Sugar substitutes like sweet-n-low or stevia
- Agave nectar
- Other juice & jelly combinations



Using a whisk, blend the juice and jelly until the jelly is broken into small pieces.



Pour orange juice mixture over the fruit and stir to coat fruit.



Allow salsa to sit refrigerated for no less than 15 minutes and up to 1 day. As it rests, the fruit will start to break down and the natural juices will come out allowing the flavors to blend nicely.

Cinnamon Chips



Cinnamon Chips Ingredients:

6 flour tortillas (7 inches)
3 Tbsp. butter, melted
3 Tbsp. sugar
1½ tsp. cinnamon

Note: Tortillas shown are 12 inch size as 7 inch was not available. Cooking time does not change, however, larger tortillas will create 'pizza slice' looking chips as shown in this demonstration.

Cinnamon Chips Preparation:

In a small bowl, mix the cinnamon and sugar together.



Next, brush both sides of the tortilla with melted butter.



Sprinkle both sides of the tortilla with the cinnamon and sugar mixture.



Cut tortilla into chip size wedges (approximately 6 per tortilla). Place wedges on an ungreased baking sheet.



Bake at 400 degrees for about 6-7 minutes on each side or until chips are crisp.

Alternate method: Broil on high for 1-2 minutes per side, checking often to avoid burning.



Tips:

For a dry salsa, before serving, drain juice from salsa; reserve to add back to any leftover fruit.

Make a fresh fruit breakfast smoothie the next morning with remaining fruit and juice.

For individual treats, cut chips into larger sizes before baking. Then, place baked chips on a serving tray, top with a teaspoon of well-drained salsa and a dollop of whipped cream. Drizzle with strawberry glaze and a sprinkle of cinnamon.

