



Summer Fruit Salsa With Cinnamon*

Number of Servings: 8

Ingredients:

- 12 corn tortillas (4")
- 1 can cooking spray
- 1 tablespoon cinnamon (ground)
- 1/4 cup sugar
- 1 cup peaches (fresh, peeled, sliced)
- 1 cup strawberries (fresh, halved)
- 1 cup pineapple (fresh, peeled)
- 1 teaspoon lemon juice
- 2 tablespoons strawberry preserves

Directions:

1. Set your oven to 350°F and mix the cinnamon and sugar in a small bowl.
2. Take each tortilla and spray each side with the cooking spray.
3. Sprinkle the cinnamon and sugar mixture evenly over both sides of the tortillas.
4. Slice the tortillas, like a pizza, into 4 wedges each.
5. Spray a cookie sheet with the cooking spray.
6. Spread out the wedges on the cookie sheet and bake in preheated oven for 15 minutes.
7. The chips are done when they are crispy. If you undercook them, they will be chewy.
8. Place the chips to the side to cool.
9. Chop by hand or with a food chopper, the strawberries, peaches, and pineapple into small pieces. Mix together in a large bowl.
10. Pour lemon juice and preserves over fruit and mix thoroughly.

It is important you speak with your doctor and care team to determine if this recipe is right for you. You should always follow the dietary and fluid recommendations from your doctor.

Nutritional breakdown per serving:

Sodium: 11 mg | Potassium: 164 mg

Phosphorus: 82 mg | Calories: 128 Kcal | Protein: 2 g | Carbohydrates: 30 g