

NORTHERN LIGHTS

NACHOS WITH FRUIT SALSA

Ingredients

½ cup	brown sugar
2 tbsp.	ground cinnamon
4 large	10" whole wheat tortillas
2 tbsp.	butter or margarine
4 cups	fruit salsa*
2 cups	fruit flavoured yogurt
2 cups	water

*Your choice of fruits could include canned pineapple, fresh or frozen berries, oranges or bananas. Choose enough fruit so that when everything is cut up it will amount to 4 cups.

Directions

1. Preheat oven to 450 degrees.
2. On a large, flat plate, mix sugar and cinnamon.
3. Place water into a large bowl.
4. Quickly dip each tortilla in water and shake off the excess.
5. Dip one side of the tortilla into the brown sugar and cinnamon mixture.
6. Stack tortillas on top of each other as they are dipped.
7. Cut the stack into 8 triangular wedges.
8. Grease a cookie sheet with the butter or margarine.
9. Spread wedges out in a single layer on the cookie sheet.
10. Bake in batches for 4 to 5 minutes per tray or until golden and crisp.
11. Place the nachos on a large platter.
12. Turn off the oven.
13. Wash the fruit under cool running water, including the fruits that will be peeled.
14. Cut your chosen fruits into small diced pieces.
15. Mix in a bowl.
16. Spoon yogurt into a small bowl.
17. Serve the fruit salsa and yogurt with the Northern Lights Nachos.
18. Enjoy!

Makes 28 nachos and 4 cups of salsa.

