

# Fruit Salsa & Cinnamon Nachos

Servings - 4

## Ingredients

- ¼ - ½ cup brown sugar
- 2 tablespoons cinnamon
- 4 large - 10" whole wheat tortillas
- 2 tablespoons melted butter or margarine
- 4 cups fruit salsa\*

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

## Directions

1. Preheat oven to 450 degrees Fahrenheit.
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. Bake in batches for 4 to 5 minutes per tray or until golden and crisp.
10. Wash the fruit under cool running water, including the fruits that will be peeled.
11. Dice your chosen fruits into small pieces. Mix in a bowl.

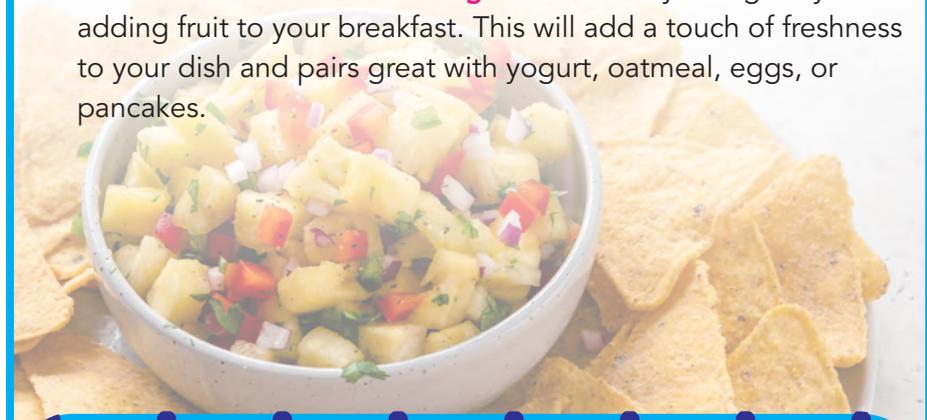
# Are You In?



Find Out More:

## Choose Fruit!

- **Always keep some handy** - You're more likely to eat fruit when you have some nearby. Have some washed and ready to pack in a lunch or grab for a quick snack.
- **Opt for variety** - We all have our favourite fruits, but eating a variety will help you get the different vitamins and nutrients your body needs.
- **Reach for fruit in the morning** - Start the day off right by adding fruit to your breakfast. This will add a touch of freshness to your dish and pairs great with yogurt, oatmeal, eggs, or pancakes.



## Did You Know?

### Fruitful Endeavours in Nutrition

Fruits are an excellent source of essential vitamins and minerals, and they are high in fibre. Fruits also provide a wide range of health-boosting antioxidants, including flavonoids. Eating a variety of fruits and vegetables every day can reduce a person's risk of developing heart disease, cancer, inflammation, and diabetes.