

K#

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Group Members		Absent on Lab day?
☺- Lab Leader		

Fruit Salsa & Cinnamon Chips

Ingredients:

1 Kiwi, peeled and diced
 1 red apple, peeled, cored, and diced
 1/4 cup raspberries
 1/2 cup sliced strawberries
 1 banana, peeled and diced
 1 tablespoon sugar
 1/2 tablespoon brown sugar
 1/2 tablespoon lime juice
 5 (10-inch) flour tortillas
 Cooking spray

Read through the directions/ingredients and:

CIRCLE all of the equipment needed
 UNDERLINE all of the cooking techniques

****Cinnamon sugar mixture= 1 T cinnamon +1/4 C sugar****

Directions:

1. Preheat oven to 375 degrees F.
2. In a large bowl, thoroughly mix kiwi, apple, raspberries, strawberries, banana, sugar, brown sugar, and lime juice. STIR GENTLY. Cover and chill in the refrigerator for at least 15 minutes.
3. Slice flour tortillas into triangles. Mix together desired equal amounts of cinnamon and sugar in a small bowl. Spray the tops of the triangles with cooking spray and sprinkle the cinnamon sugar mixture onto the tortillas while the tops are still moist. Carefully place the triangles onto a baking sheet. Be sure not to overlap the tortillas or they won't become crisp.
4. Bake tortillas for 8-10 minutes or until are dry and crisp. Allow to cool (about 10 min). Serve with chilled fruit salsa.