



Fresh Fruit Salsa Anytime

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Fruit salsa is always in season. While many fruits are available year round, some fruit is more seasonal. For instance, strawberries are best in spring and summer, while apples have varieties available all year round. Many fruits are imported, so the grocery store can carry them more often. However, for best flavor, think about what fruit is in season. By using a variety of fruit, you can always have a nutritious, delicious salsa that fits the season. Below are examples of seasonal fruit:

Winter Fruit	Spring Fruit	Summer Fruit	Fall Fruit
Oranges	Strawberries	Kiwifruit	Grapes
Pears	Pineapple	Blackberries	Mangos
Grapefruit	Apricots	Watermelon	Raspberries

Fresh Fruit Salsa with Cinnamon Crisps

- 4 strawberries
- ½ banana
- 1 apple
- 1 kiwi
- 2 Tablespoons orange juice
- 2 Tablespoon sugar, divided
- 1 pinch nutmeg
- 1 teaspoon cinnamon
- 2 (8-inch) tortillas
- Cooking spray



1. Wash hands with soap and water. Preheat oven to 350°F.
2. Cut each tortilla into 8 pieces. Arrange on a baking sheet. Lightly coat with cooking spray.
3. Combine ¾ teaspoon cinnamon and 1 tablespoon sugar. Sprinkle over tortillas slices.
4. Bake 6 to 8 minutes until slightly browned.
5. Gently rub produce under cold running water. Peel and core the kiwi. Core the apple. Dice the strawberry, apple, banana, and kiwi into ¼ inch pieces. Mix orange juice, 1 tablespoon sugar, nutmeg, and ¼ teaspoon cinnamon. Toss with fruit. Chill. Serve cinnamon crisps with fruit salsa.
6. Store leftover salsa in a sealed container in the refrigerator for up to four days. *Each serving contains 170 calories, 1.5 g fat, 105 mg sodium, 38 g carbohydrate and 5 g fiber.*

Sources:

1. USDA's Seasonal Produce Guide: <http://go.unl.edu/ddca>
2. Recipe adapted from Fast Foods, Nebraska Extension 4-H Curriculum, 4H5000: <http://go.unl.edu/h9yb>

Here are a few tips for serving fruit to young children:

- Set a good example for children by eating fruit every day with meals or as snacks.
- Offer children a choice of fruits for lunch.
- Depending on their age, children can help shop for, clean, peel, or cut up fruits.
- While shopping, allow children to pick out a new fruit to try later at home.
- Decorate plates or serving dishes with fruit slices.
- Top off a bowl of cereal with some berries. Or, make a smiley face with sliced bananas for eyes, raisins for a nose, and an orange slice for a mouth.
- Keep a bowl of whole fruit on the table, counter, or in the refrigerator.

For more information check out Food Fun for Young Children at: <http://go.unl.edu/chi>