



Wheeler

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Cinnamon Sugar Tortilla Chips

It is easy to make your own chips. This sweet version works well with fruit salsa, try some different spices to make a savory version. Try it with olive oil, chili powder and garlic powder.

Ingredients

3 whole wheat flour tortillas or corn tortillas for a gluten free version
2 tablespoons olive oil or melted butter
1 tablespoon sugar
1 tsp cinnamon
1 tsp nutmeg

Equipment

Knife (with help of an adult) or child safe scissors
Cutting board
Small bowl
Whisk

Pastry brush
Baking sheet
Measuring spoons

Directions

1. Cut tortillas into desired shapes. Use pastry brush to brush both sides with melted butter or olive oil.
2. In a small bowl combine sugar, cinnamon and nutmeg. Carefully sprinkle on top of tortillas.
3. Place the tortillas' sugar side up on the baking pan. Place in a 375-degree oven for 10-20 minutes until chips are crisp. Cooking time will vary depending on the size of your chips.
4. Will keep in an airtight container for up to one week

😊 Little helpers: Kids can gather ingredients. Let older children cut the tortillas into fun shapes. Most children young and old will be able to brush the chips and sprinkle on the sugar.

🍏 Nutrition: Homemade chips are going to be lower in salt, fat and preservatives than the store-bought kind. Choosing a whole wheat tortilla will increase the fiber in your chips.



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Spicy Strawberry Peach Salsa

This salsa is great used as a dip for tortilla or pita chips, but also works well as a topping for chicken and meat or on a leafy green salad with black beans. Eliminate the onion and freeze it to try it in a smoothie or as a fruit ice. The spicy jalapenos make a nice addition to the sweetness of the strawberries and peaches, for a spicy sweet sensation.

Ingredients

2 oranges, washed
2 tablespoons of olive oil
1 tablespoon of honey
1 pint of strawberries, washed, hulled and chopped
2 large peaches, washed and chopped
1 small red onion, washed, peeled and chopped
1 to 2 medium jalapenos, washed and chopped, remove the seeds and membranes for a milder version
¼ cup washed, chopped fresh basil

Equipment

Knife (with help of an adult)
Cutting board
Large bowl
Whisk

Measuring spoons
Measuring cups
Zester or micro plane
Juicer (optional)

Directions

1. Remove about ½ tablespoon of zest from the orange and place in a large bowl with honey and olive oil. Juice oranges (should be about ½ cup of juice) and add to the bowl, use whisk to combine.
2. Add remaining ingredients to the bowl, use a large spoon to thoroughly combine.
3. Serve with graham crackers, tortilla or pita chips. Also works well as a topping for grilled chicken and grilled fish.
4. Store in the refrigerator and use or freeze in 2-3 days. Can be frozen for up to 2 months.

😊 Little helpers: Kids can gather ingredients, help wash and cut some of the softer fruits. Allow them to remove the herbs from the stems, wash and tear them into small pieces. They will love squeezing the juice out of the oranges. Once all the fruit is cut kids can measure out ingredients and combine them. Let them try all the ingredients separately and compare the differences in taste and texture once it is all combined.

🍏 Nutrition: Anytime you can add fruits and vegetables it is a good thing. Salsa is a great way to try some new fruits and vegetables in interesting combinations. This salsa is a good source of fiber, vitamin C and potassium. In addition, strawberries are a good source of vitamin C, potassium, folate and fiber. And do not forget the variety of phytonutrients found in all fruits and vegetables. Adding some olive oil to the mix helps you to absorb some of the fat-soluble vitamins (A, D, E, K)



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Watermelon Tomatillo Salsa

This salsa is great used as a dip for tortilla or pita chips, but also works well as a topping for chicken and meat or on a leafy green salad with black beans. The apple adds a tart, sweetness and some crunch to offset the soft watermelon.

Ingredients

2 limes, washed
2 tablespoons olive oil
1 tablespoon honey
¼ teaspoon salt
2 cups chopped watermelon, rind and seeds removed
1 granny smith apple, peeled and chopped
4 -6 tomatillos, washed and chopped
¼ cup washed, chopped fresh mint

Equipment

Knife (with help of an adult)
Cutting board
Large bowl
Whisk
Large spoon

Measuring cups
Zester or micro plane
Juicer (optional)

Directions

1. Remove ½ tablespoon zest from limes and place in a large bowl, add olive oil, honey and salt. Juice limes and add to the bowl (should be about ¼ to ½ cup) use whisk to combine dressing.
2. Add remaining ingredients and use a large spoon to thoroughly mix.
3. Serve with tortilla or pita chips. Also works well as a topping for grilled chicken and grilled fish.
4. Store in the refrigerator and use or freeze in 2-3 days. Can be frozen for up to 2 months.

😊 Little helpers: Kids can gather ingredients, help wash and cut some of the softer fruits. Allow them to remove the herbs from the stems, wash and tear them into small pieces. They will love squeezing the juice out of the limes. Once all the fruit is cut kids can measure out ingredients and combine them. Let them try all the ingredients separately and compare the differences in taste and texture once it is all combined.

🍏 Nutrition: Anytime you can add fruits and vegetables it is a good thing. Salsa is a great way to try some new fruits and vegetables in interesting combinations. This salsa is a good source of fiber, vitamin C and potassium. In addition, strawberries are a good source of vitamin C, potassium, folate and fiber. And do not forget the variety of phytonutrients found in all fruits and vegetables. Adding some olive oil to the mix helps you to absorb some of the fat-soluble vitamins (A, D, E, K)