



FRUIT SALSA WITH CINNAMON SUGAR CHIPS

TOTAL TIME: 42 Minutes (Prep: 5 min. | Cook: 7 min. | Chill: 30 min.)

YIELD: 6 Servings

Dice up your favorite fresh fruit to make Fruit Salsa with Cinnamon Sugar Chips. It's a perfect summer snack that's deliciously sweet!



INGREDIENTS

FRUIT SALSA

- _ 1 pint strawberries
- _ 2 kiwis
- _ 1 Granny Smith apple
- _ ¼ cup granulated sugar
- _ ½ lemon

CINNAMON SUGAR CHIPS

- _ 6 flour tortillas soft-taco size
- _ 4 tablespoons butter
- _ 1 cup granulated sugar
- _ 1 ½ tablespoons Cinnamon to your taste

NUTRITION FACTS

Calories: 385kcal | Carbohydrates: 73g | Protein: 4g | Fat: 11g | Saturated Fat: 6g | Polyunsaturated Fat: 1g | Monounsaturated Fat: 3g | Trans Fat: 0.3g | Cholesterol: 20mg | Sodium: 284mg | Potassium: 275mg | Fiber: 6g | Sugar: 53g | Vitamin A: 293IU | Vitamin C: 75mg | Calcium: 94mg | Iron: 2mg

DIRECTIONS

FRUIT SALSA

1. Remove the stems from the strawberries, and peel the kiwis, and core the apple. (You can peel the apple if you like, but I like leaving the skin on for some color.)
2. Finely dice all fruit and add it to a large bowl. Mix everything together.
3. Add the sugar and juice from half of a lemon to the fruit. Mix thoroughly.
4. Cover the bowl with plastic wrap and refrigerate for at least 30 minutes, or up to 24 hours.

CINNAMON SUGAR CHIPS

1. Preheat your oven to 400 degrees F. Lay out the tortillas on a flat surface.
2. Melt the butter in a bowl in the microwave. Brush the butter over the tops of the tortillas, covering them edge to edge.
3. Mix sugar and cinnamon together in a medium bowl. Sprinkle the mixture generously over the tortillas covering the tops completely.
4. Cut the tortillas into wedges and arrange them in a single layer on the baking sheet. (You can use multiple baking sheets and rotate them halfway through baking or cook in batches.)
5. Bake for 7-9 minutes or until crispy. Remove from the oven and serve warm or room temperature with the chilled salsa.

Recipe source: <https://realhousemoms.com>





CHOCOLATE CHERRY SMOOTHIE

TOTAL TIME: 10 minutes

YIELD: 2 Servings



INGREDIENTS

- _ ½ cup non-fat milk
- _ 6 ounces non-fat plain or vanilla yogurt
- _ 2 Tablespoons dark chocolate chips
- _ 1 cup frozen dark cherries

DIRECTIONS

- 1.** Wash hands with soap and water.
- 2.** Place milk, yogurt, chocolate chips and frozen cherries in a blender or foodprocessor.
- 3.** Blend until smooth.
- 4.** Store leftovers in a sealed container in the refrigerator for up to four days.

NUTRITION FACTS

Calories 180, Total Fat 5g, Saturated Fat 3.5g, Cholesterol 5mg, Sodium 60mg, Total Carbohydrates 29g, Fiber 3g, Total Sugars 24g, includes 5g Added Sugars, Protein 8g, Vitamin D 10%, Calcium 20%, Iron 6%, Potassium 8%

Recipe source: <https://food.unl.edu/>





PEACH RASPBERRY SMOOTHIE

TOTAL TIME: 5 minutes

YIELD: 1 Serving



INGREDIENTS

- _ ½ cup frozen raspberries
- _ ½ cup frozen peach slices
- _ ¾ cup 100% orange juice
- _ ½ cup plain or vanilla yogurt

DIRECTIONS

1. Wash hands with soap and water.
2. Blend all ingredients in a blender and enjoy!

NUTRITION FACTS

Calories 260, Total Fat 3g, Saturated Fat 1.5g, Cholesterol 5mg, Sodium 105mg, Total Carbohydrates 51g, Fiber 7g, Total Sugars 38g, includes 0g Added Sugars, Protein 10g, Vitamin D 6%, Calcium 20%, Iron 6%, Potassium 20%

Recipe source: <https://food.unl.edu/>





BUILD YOUR OWN FANCY GRILLED CHEESE BAR

A grilled cheese bar is one of my favorite ways to entertain guests or even just serve dinner. They get to build their own sandwiches the way that they like them!



INSTRUCTIONS

1. Start by adding the prepared cheeses, sauces, and toppings to their own small bowls and place them in the center of a large, rectangular board.
2. Add the toppings and the rest of the produce around the edge of the board, fanning them out around the bowls where possible. I like to arrange my toppings so that one side of the board is sweet and one side is savory to help guide guests!
3. Serve the bread on the side and make sure there is a stick of salted butter around for cooking. (Melted or spreadable).
4. To cook, spread a generous amount of butter on one side of each piece of bread. Place one slice, butter-side-down, on the pan or press over medium to medium-high heat, add the cheese(s), spread(s), and toppings, then add the other slice on top, butter-side-up. Allow the bottom slice to toast until golden brown and the cheese begins to melt, then flip (carefully!) and toast the other slice until brown and the cheese is gooey.

BREAD

The foundation of a good grilled cheese is the bread. There are so many different options like:

- Whole Wheat
- White
- French
- Sourdough
- Sweet Hawaiian
- Rye
- Multi-Grain
- Texas Toast
- Italian

The list can go on forever because there are so many wonderful choices. A favorite is the Sweet Hawaiian bread because of the combination of sweet and savory. When it toasts it brings out the sweetness in the bread which brings it to a whole new level.

CHEESE

This part can make or break the sandwich! I like to offer a selection of cheese because everyone likes to put more than one type of cheese on their sandwich. The sky is the limit but here are some of the options:

- American
- Swiss
- Pepper Jack
- Cheddar
- Colby Jack
- Mozzarella
- Brie

Kids like to pair their favorite cheese with American cheese for the ultimate melt factor. They enjoy pairing Swiss cheese or pepper jack with American. The best part about this is that you can mix and match to get whatever taste and melty texture you would like.





TOPPINGS

Okay, so this list could be pretty large so buckle you seat belt, let's go! Toppings can be anything! You could go through the refrigerator and see what leftovers you have. There is only one rule: If you think it would be good on a sandwich, put it out there!

You would be surprised and what inspires others to make the best grilled cheese ever! So, here we go!

- Ham
- Bacon
- Turkey
- Pepperoni
- Salami
- Pizza Sauce
- Apples
- Onion
- Peppers
- Pickles
- Tomatoes
- Basil
- Mushrooms
- Jalapenos
- Giardiniera
- Chicken

SAUCE

To sauce or not to sauce that is the question! Some people like to add sauce to their grilled cheese while others like to keep it plain. I can go either way and that's saying something because I am NOT a sauce kind of girl. However, when you add the cheese and toppings and toast it all up, sometimes it doesn't need anything else. I like to offer a couple of different sauces so here are a few ideas:

- Mustard
- Spicy Mustard
- Hot Sauce
- Mayonnaise
- Chipotle Mayonnaise

BUTTER

Now, there are a couple of way you can do this:

SPREAD THE BUTTER

- You could move this to step number two and have your guests spread the butter on their bread before they start adding all the insides of the sandwich. This does work but can tend to be a little messy as they try to juggle not getting butter everywhere.
- Or you could have them butter it right before it goes on the griddle but that is sometimes hard to do without dropping all the toppings out.

BRUSH THE BUTTER

- This is my favorite one because it is the easiest with the least amount of mess. The tools you will need is a bowl and a basting brush.
- Melt a stick of butter in a bowl in the microwave.
- Lay the sandwich on a plate.
- Brush the butter on the top side of the sandwich.
- Place the sandwich gently on the griddle buttered side down. Brush butter on the other side of the sandwich while it is on the griddle.

EXTRA TIP: Add garlic salt to the melted butter!

