



Apple Berry Salsa

Ingredients:

2 medium Granny Smith apples	2 tablespoons packed brown sugar
1 pint strawberries, diced (about 1 1/2 cups)	2 tablespoons apple jelly or apricot jam
2 kiwi, peeled and diced	<i>Baked Cinnamon Chips</i>
1 small orange	

Directions:

1. Peel, core and slice apples using **Apple Peeler/Corer/Slicer**. Coarsely chop apple slices using **Food Chopper**. Dice strawberries and kiwi using **Chef's Knife**. Place fruit in **Small Batter Bowl**.
2. Zest orange using **Zester/Scorer** to measure 1 teaspoon zest. Juice orange using **Juicer** to measure 2 tablespoons juice. Add orange zest, juice, brown sugar and jelly to fruit mixture; mix gently. Refrigerate until ready to serve.
3. Spoon into serving bowl. Serve with *Baked Cinnamon Chips*.

Yield: 3 cups (16 servings)

Nutrients per serving: (Low Fat) (3 tablespoons salsa): Calories 30, Total Fat 0 g, Saturated Fat 0 g, Cholesterol 0 mg, Carbohydrate 8 g, Protein 0 g Sodium 0 mg, Fiber 1 g

Diabetic exchanges per serving (3 tablespoons salsa): 1/2 fruit (1/2 carb)

Cook's Tips: The Apple Peeler/Corer/Slicer works best with fresh, firm, uniformly shaped apples and potatoes.

Mashed potatoes are done in a flash when you slice the potatoes using the Apple Peeler/Corer/Slicer before cooking them. For a more rustic and nutritional dish, scrub potatoes thoroughly before slicing them, leaving the peels on.

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