

# Fruit Salsa with Cinnamon Crisps

## DIRECTIONS

1. Preheat oven to 350 degrees and combine cinnamon and sugar.
2. Spray tortillas with cooking spray and sprinkle each side of with cinnamon/sugar mixture, then slice into wedges. Bake for 8 minutes or until crisp.
3. Chop the apples, strawberries and melon/kiwi. Combine into a large bowl, add the raspberries and preserve.

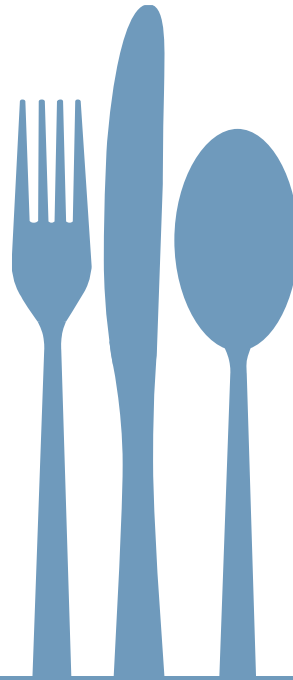


## CINNAMON CRISPS

- 10 tortillas (10")
- Olive oil cooking spray
- 1/4 cup sugar
- 1 tsp. cinnamon

## FRUIT SALSA

- 2 granny smith apples, peeled
- 1 cup melon or kiwi
- 1 lb. strawberries
- 1/2 lb. raspberries
- 4 Tbsp. raspberry preserves



# Mexican Slaw

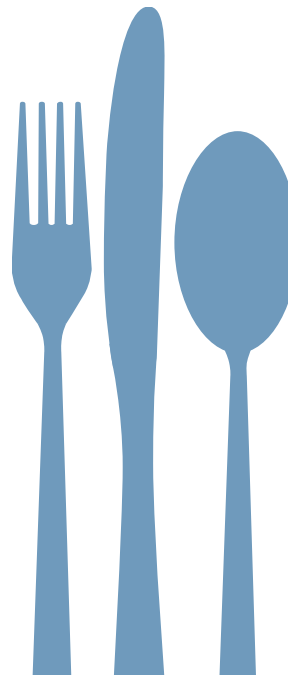
## DIRECTIONS

1. In a small bowl, combine Greek yogurt, taco seasoning and lime juice.
2. Add to larger bowl of all other ingredients and stir to combine.



## INGREDIENTS

- 1/2 head red cabbage, sliced
- 1/2 head green cabbage, sliced
- 1 red bell pepper, diced
- 1/2 cup black beans, rinsed and drained
- 1/2 cup grilled corn
- 1 jalapeno, finely diced
- 3/4 cup plain Greek yogurt
- 1/4 cup taco seasoning
- 2 Tbsp. lime juice



# Spicy Sofritas Black Bean Bowl

## DIRECTIONS

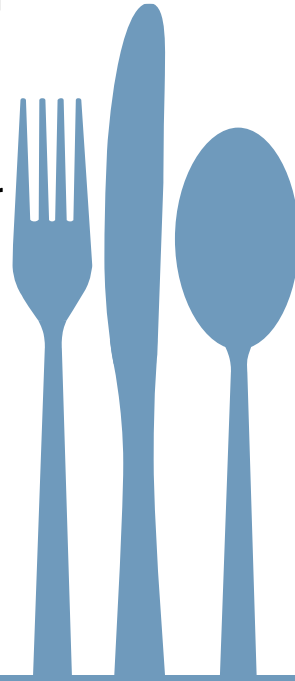
1. Add chipotles, jalapeno, garlic, salsa, onion and lime to a blender and process. Add water if needed to reach desired consistency.
2. Drain and press tofu. Heat olive oil in a pan and sauté for 2 minutes, breaking it apart. Add sauce and black beans and stir to combine and cook for another 5 minutes.
3. Assemble bowls with quinoa, avocado, cilantro and other toppings of choice.



CABARRUS  
HEALTH  
ALLIANCE

## INGREDIENTS

- 6 oz. can chipotles in adobo
- 1 small jalapeno
- 2 cloves garlic
- 1/2 cup chunky salsa
- 1/4 red onion, chopped
- 1 lime, juiced
- 16 oz. firm tofu
- 15 oz. can of black beans, drained and rinsed
- Olive oil



# Strawberry Lime Agua Fresca

## DIRECTIONS

1. Blend in a blender.
2. Let chill and strain through a mesh sieve to discard solids (optional).
3. Serve over ice and with additional lime slices (optional).



CABARRUS  
HEALTH  
ALLIANCE

## INGREDIENTS

- 2 cups cold water
- 4 cup fresh strawberries
- 2 limes, juiced

