

Pleasant Valley Nutrition Newsletter

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Cinnamon Sugar Tortilla Chips with Fruit Salsa

Cinnamon Sugar Tortilla Chips:

1 bag of tortilla shells (any size works)
Melted margarine or butter
Cinnamon
Sugar

Fruit Salsa:

Any variety of fresh fruit will work, especially strawberries, watermelon apples, pineapple, mango, and peaches.

Cut tortilla shells into 8 wedges using a pizza cutter. Spread melted butter on shells with a pastry brush. Sprinkle cinnamon and sugar on top of shells and bake in the oven at 375° for 9-11 minutes or until lightly browned. Meanwhile, dice fruit into very small pieces and toss together. Serve with chips once the chips have cooled. Store fruit salsa in the fridge and store the chips in an airtight container for up to 3 days.



Grilling and outdoor parties are popular during the summer months. Listed below are some tips to **keep your food safe this summer**:

- Grill steaks and chops to 145°; ground meat and poultry to at least 165°
- Pack food in shallow containers to cool it down faster
- Pack beverages in a separate cooler from food, since the beverage cooler will be opened more often than the food cooler
- Never leave food at room temperature for more than 2 hours or more than 1 hour if the air temperature is 90° or above
- Don't cross contaminate raw meat with ready-to-eat foods, such as fresh fruits and vegetables
- When in doubt, **throw it out!**

Have a wonderful summer!