



Makes 2⅔ cups salsa + 36 chips + 24 cucumber slices
Preparation Time: 20 minutes

INGREDIENTS:

6 corn tortillas, cut into wedges

1 fresh nectarine, pitted and chopped

1 cup fresh blueberries

½ of a 15-oz. can no-salt-added pinto beans, rinsed and drained (¾ cup)

¼ cup chopped fresh cilantro

1 tablespoon lemon juice

1 teaspoon pure maple syrup

¼ teaspoon crushed red pepper

Sea salt and freshly ground black pepper, to taste

1 cucumber, thinly sliced

Nectarine and Blueberry Salsa

This sweet-and-savory fruit salsa is a treat for the eyes. Its mildly spicy flavor pairs perfectly with crisp chips and cucumber slices, but it's also delicious as a salad topper. For best results, choose nectarines with pale yellow (not green) undertones and a sweet fragrance.

By Nancy Macklin, RDN

- 1 Preheat oven to 400°F. Arrange tortilla wedges in a single layer on a baking sheet. Bake 10 to 12 minutes or until crisp. Cool on a wire rack.
- 2 In a medium bowl stir together the next seven ingredients (through crushed red pepper). Season with salt and black pepper. Serve with chips and cucumber slices.