

Homegrown Favourites

We're sharing some of our own personal favourite recipes fresh from the kitchens of RBG staff and volunteers. Bon appétit!

VEGETARIAN

Strawberry Salsa and Cinnamon Sugar Chips

INGREDIENTS

For salsa:

1 lb. strawberries
 ½ lb. raspberries
 1 medium apple
 1 small mango
 (or another fruit of choice)
 1 lemon (juice and zest)
 1 Tbsp. maple syrup
 2 Tbsp. fresh mint

For chips:

10 medium flour tortillas
 2 Tbsp. salted butter
 (or oil of choice)
 ½ cup sugar
 2 Tbsp. ground cinnamon

DIRECTIONS:

1. Finely dice strawberries, raspberries, apple, and mango. Add to a large mixing bowl.
2. Zest and juice the lemon and add to the chopped fruit.
3. Add maple syrup to the fruit and cover bowl. Allow to sit in the refrigerator for at least one hour before serving.

While the fruit is chilling:

4. Pre-heat oven to 350 °F.
5. Cut each tortilla into 8 triangles and spread them out on a large baking sheet. This may take multiple batches.
6. Melt butter and spread over the tortillas.
7. Combine sugar and cinnamon to make a blend. Sprinkle this over the buttered tortilla chips.
8. Bake for 10 minutes or until the chips are crisp.

Before serving:

9. Chop mint and add to fruit. Serve chilled alongside chips.

From the kitchen of:
Christie Brodie

The best strawberries grow here in Ontario! The sweet strawberries, tangy mango, and fresh mint flavours in this delightful salsa make for a deliciously fresh dessert option. I like to use these sweet, yet slightly salty cinnamon tortilla chips to indulge in this fruit-filled salsa.



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