

## SALSA

### Ingredients:

2 cloves garlic  
1 medium onion  
1/2 T. Southwest Chipotle (to taste)  
1 cans of diced tomatoes  
2 T. fresh cilantro  
Lime juice (1/2 lime)  
Tortilla chips for dipping

Chop onion & garlic in Quick Chef. Add remaining ingredients and stir until desired consistency. Serve with tortilla chips or on taco salad.

## Fruit Salsa

### Ingredients:

1 granny smith apple, cut up into chunks  
2 kiwi, cut in half  
8 large strawberries or about 12 smaller ones, cut into half

Fruit can be ready in a fridgesmart. Put the apple in the quick chef and start chopping until chunky...add the rest of the fruit and finish chopping. Serve with cinnamon tortilla chips or make your own.

### Cinnamon Tortilla Chips

Regular tortillas sprayed with Pam Butter spray and cut up into pieces. Put cinnamon/vanilla and sugar into thatsa bowl (to your taste preference) and add some of the tortilla bits and it sticks to it. Line them on your silicone wonder mat and bake about 10 minutes or so.

## Aloha Dip

### Ingredients:

1 (8 oz) pkg. cream cheese, softened  
3 Tbsp. powered sugar  
1/2-1 cup crushed pineapple drained  
Vanilla wafers, graham crackers, pretzels or fruit for dipping.

In the Quick Chef place cream cheese & powered sugar. Turn until smooth. Add drained pineapple and turn until just blended. Serve with vanilla wafers, graham crackers, pretzels or sliced fruit.

## Homemade Whipped Cream

### Ingredients:

1/2 Pint Chilled Heavy Cream  
1-2 teaspoons sugar  
Opt. Pinch of Cinnamon-vanilla seasoning

Place all in the Quick Chef and process with the whipping paddle until firm. About 5 minutes.