



## Toasted Pita Wedges and Fruit Dip

Love to snack on chips and dip? Try swapping tortillas for toasted pita wedges with this sweet and tasty fruit dip.

**Ages:** 3–5 years

**Makes:** 6 servings

**Prep time:** 10 minutes

**Cook time:** 20 minutes

### *the* INGREDIENTS

**1 cup** apricots, halves, canned in 100 percent fruit juice, drained

**1 tsp** brown sugar, packed

**½ tsp** ginger root, fresh, grated OR **¼ tsp** ginger, dry, ground

**1 ½** pita rounds, whole-wheat (at least 56 g or 2 oz each)

**Nonstick cooking spray**

**½ tsp** cinnamon, ground

### *the* DIRECTIONS

1. Wash hands with soap and water for at least 20 seconds.
2. Preheat oven to 400 °F.
3. In a small nonstick pot, combine apricots, brown sugar, and ginger.
4. Cook on medium-high heat for 5 minutes or until it comes to a boil. Reduce heat to medium and simmer for 8–10 minutes, until apricot reduces to  $\frac{3}{4}$  cup. Heat to 140 °F for at least 15 seconds.
5. Cut each whole pita round into 8 wedges. Cut each half pita round into 4 wedges.
6. Spray pita wedges with nonstick cooking spray and sprinkle with cinnamon.
7. Place on ungreased baking sheet. Lightly toast in the oven for 5 minutes.
8. Remove pita wedges from the oven.
9. Serve  $\frac{1}{8}$  cup (2 Tbsp) fruit dip with 2 wedges. Serve immediately, or keep warm at 140 °F or higher.

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### NUTRITION INFORMATION

2 toasted pita wedges and ⅛ cup fruit dip

Nutrients	Amount
<b>Calories</b>	<b>70</b>

<b>Total Fat</b>	<b>0 g</b>
Saturated Fat	0 g
Cholesterol	0 mg
<b>Sodium</b>	<b>76 mg</b>
<b>Total Carbohydrate</b>	<b>16 g</b>
Dietary Fiber	2 g
Total Sugars	1 g
Includes Added Sugars	N/A
<b>Protein</b>	<b>2 g</b>

Vitamin D	N/A
Calcium	11 mg
Iron	1 mg
Potassium	N/A

N/A = Data not available

Source: Team Nutrition CACFP Easy Recipe Project

[TeamNutrition.USDA.gov](https://TeamNutrition.USDA.gov)

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### CACFP CREDITING INFORMATION

⅛ cup fruit

½ oz eq grains 

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### CHEF TIPS

- **Contains wheat (pita rounds).** Pita rounds can be a hidden source of common allergens which include, milk, peanuts, tree nuts, eggs, fish, shellfish, soy, wheat, and sesame.
- Sesame can appear as an ingredient in foods where it might not be expected (pita rounds) and may be included in ingredient statements as "spice" or "flavoring."
- Fruit dip can be served cold, keep cold at 40 °F or lower.
- The  symbol indicates the recipe is whole grain-rich.
- Creditable grains contribution calculated using the Recipe Analysis Workbook, Method A.