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:** 6–18 years  
**Prep time:** 10 minutes  
**Makes:** 6 servings  
**Cook time:** 25 minutes

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### INGREDIENTS

- **2 cups** apricots, halves, canned in 100 percent fruit juice, drained
- **2 tsp** brown sugar, packed
- **1 tsp** ginger root, fresh, grated OR ½ tsp ginger, dry, ground
- **3 pita rounds**, whole-wheat (at least 56 g or 2 oz each)
- **Nonstick cooking spray**
- **1 tsp** cinnamon, ground

### 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 10–15 minutes, until apricot reduces to 1½ cups. Heat to 140 °F for at least 15 seconds.
5. Cut each whole pita round into 8 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 ¼ cup fruit dip and 4 wedges. Serve immediately, or keep warm at 140 °F or higher.
**NUTRITION INFORMATION**

4 toasted pita wedges and ¼ cup fruit dip

<table>
<thead>
<tr>
<th>Nutrients</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>140</td>
</tr>
<tr>
<td>Total Fat</td>
<td>1 g</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>0 g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>0 mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>151 mg</td>
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<tr>
<td>Total Carbohydrate</td>
<td>32 g</td>
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<tr>
<td>Dietary Fiber</td>
<td>5 g</td>
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<tr>
<td>Total Sugars</td>
<td>3 g</td>
</tr>
<tr>
<td>Includes Added Sugars</td>
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</tr>
<tr>
<td>Protein</td>
<td>4 g</td>
</tr>
</tbody>
</table>

Vitamin D           | N/A    |
Calcium             | 22 mg  |
Iron                | 1 mg   |
Potassium           | N/A    |

N/A = Data not available

*Source: Team Nutrition CACFP Easy Recipe Project*

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

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**CACFP CREDITING INFORMATION**

¼ cup fruit
1 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.