



## 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  
**Makes:** 6 servings

**Prep time:** 10 minutes  
**Cook time:** 25 minutes

### *the* 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

### *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 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.

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### NUTRITION INFORMATION

4 toasted pita wedges and ¼ cup fruit dip

Nutrients	Amount
<b>Calories</b>	<b>140</b>

<b>Total Fat</b>	<b>1 g</b>
Saturated Fat	0 g
Cholesterol	0 mg
<b>Sodium</b>	<b>151 mg</b>
<b>Total Carbohydrate</b>	<b>32 g</b>
Dietary Fiber	5 g
Total Sugars	3 g
Includes Added Sugars	N/A
<b>Protein</b>	<b>4 g</b>

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](https://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.