



Toasted Pita Wedges and Fruit Dip

Love to snack on chips and dip? Try swapping tortillas for toasted pita wedges and dive into a cup of naturally sweet and tasty fruit dip.

AGES: 3–5 years
PREP TIME: 45 minutes
COOK TIME: 45 minutes

CACFP CREDITING INFORMATION
 $\frac{1}{8}$ cup fruit
 $\frac{1}{2}$ oz eq grains 

SOURCE
 Team Nutrition CACFP Easy Recipe Project
TeamNutrition.USDA.gov

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
					1 Wash hands with soap and water for at least 20 seconds.
					2 Preheat oven to 400 °F.
Apricots, halves, canned in 100 percent fruit juice, drained	2 lb 6 oz	1 qt + $\frac{1}{8}$ cup	4 lb 12 oz	2 qt + $\frac{1}{4}$ cup	3 In a large nonstick pot, combine apricots, brown sugar, and ginger.

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Brown sugar, packed		1 Tbsp + 1 tsp		2 Tbsp + 2 tsp	4 Cook on medium-high heat for 10 minutes or until it comes to a boil. Reduce heat to medium and simmer for 25–30 minutes, until apricot reduces. Heat to 140 °F for at least 15 seconds. For 25 servings , reduce to 3 cups + 2 Tbsp. For 50 servings , reduce to 1 qt + 2¼ cups.
Ginger root, fresh, grated OR Ginger, dry, ground		2 tsp (1 tsp)		1 Tbsp + 1 tsp (2 tsp)	
Pita, rounds, whole-wheat (at least 56 g or 2 oz)		6¼		12½	5 Cut each whole pita into 8 wedges. Cut each half pita into 4 wedges.
Nonstick cooking spray		1 spray		2 sprays	
Cinnamon, ground		2 tsp		1 Tbsp + 1 tsp	6 Spray pita wedges with nonstick cooking spray and sprinkle with cinnamon.
					7 Place on ungreased sheet pan (18" x 26" x 1"). Lightly toast in the oven for 5 minutes For 25 servings , use 1 pan. For 50 servings , use 2 pans.
					8 Remove pita wedges from the oven.
					9 Serve ⅓ cup (#30 scoop) fruit dip and 2 wedges. Serve immediately, or keep warm at 140 °F or higher.


NUTRITION INFORMATION

2 toasted pita wedges and 1/8 cup fruit dip

NUTRIENTS	AMOUNT
Calories	70
Total Fat	0 g
Saturated Fat	0 g
Cholesterol	0 mg
Sodium	76 mg
Total Carbohydrate	16 g
Dietary Fiber	2 g
Total Sugars	1 g
Includes Added Sugars	N/A
Protein	2 g
Vitamin D	N/A
Calcium	11 mg
Iron	1 mg
Potassium	N/A

N/A = Data not available

NOTES

- **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.

WEIGHT/YIELDS

25 Servings	50 Servings
15 oz pita wedges, 1 lb 5 oz fruit dip 6¼ pita rounds, 3½ cups fruit dip	1 lb 15 oz pita wedges, 3 lb 1 oz fruit dip 12½ pita rounds, 1 qt 2¼ cups fruit dip