



Where healthy eating becomes a habit

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Make sure to let us know how your vegetable gardens are growing!



## Toasted WGR Pita Wedges and Fruit Dip (modified) 8 servings



Source: Team Nutrition: Toasted Pita Wedges and Fruit Dip using canned apricots.

You can use any summer fruit to try this quick and easy recipe!

*Lunch/CACFP: 1 serving provides 1/4 cup fruit and 1 serving of WGR Pita*

- 2-1/2 cups diced and mashed fresh fruit like peaches. (canned works too!)
- 1 tsp brown sugar
- 1 tsp grated fresh ginger root or 1/2 tsp ground ginger
- 1/2 tsp ground cinnamon
- 2 WGR Pita (at least 56 g or 2 oz each)

Preheat oven to 400° F.

In a saucepan, add mashed fresh fruit, brown sugar and ginger. Heat on medium-high for 5 minutes or until it comes to gentle boil. Stir often to prevent scorching. Reduce heat to medium. Simmer for 8-10 minutes.

While simmering fruit, cut wgr pitas into 8 wedges each. Spray with non-stick cooking oil. Sprinkle Cinnamon on wgr pita wedges. Place on ungreased cookie sheet. Lightly toast in the oven for 5 minutes.

Remove pita wedges. Serve two WGR Pita Wedges with 1/4 cup of warm fruit sauce. Or alternatively, with make fruit dip ahead and serve chilled.

### food safety 101: four key rules for avoiding summer sickness

#### clean.

wash hands before, during and after preparation. keep surfaces and utensils clean.



#### separate.

keep raw food separate from cooked and ready-to-eat food.



#### cook.

cook foods thoroughly.



#### chill.

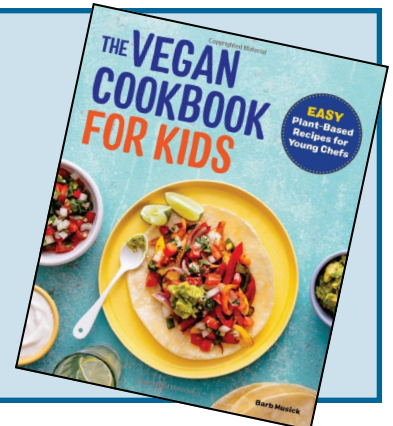
ensure food is chilled appropriately.



7/1/23 - 6/30/24 Tier Reimbursement Rates.	Breakfast	Lunch	Snack
Tier 1	\$1.65	\$3.12	\$0.93
Tier 2	\$0.59	\$1.88	\$0.25

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Author Barb Musick



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