



Mosaic Bite-Sized Dippers

By Erin Fletter

Prep Time 10 / **Cook Time** 4 / **Serves** 4 - 6

Fun-Da-Mentals Kitchen Skills

slice: to cut into thin pieces using a sawing motion with your knife.

knife skills: Bear Claw (growl), Pinch, Plank, and Bridge (look out for trolls) and Rock and Saw.

toast: to brown and crisp food in a heated skillet or oven, or in a toaster.

Equipment

- Skillet (if toasting bread)
- Mixing bowl
- Cutting board
- Kid-safe knife

Ingredients

Mosaic Bite-Sized Dippers

- 6 slices wheat bread or pita bread ******(for GLUTEN ALLERGY sub gluten-free/nut-free bread or pita)******
- 2 T olive oil for toasting (toasting optional)
- salt and ground black pepper to taste
- 1 cucumber
- 1 apple
- 2 celery stalks
- 1 red bell pepper ******(Omit for NIGHTSHADE ALLERGY)******

baby carrots

Food Allergen Substitutions

Mosaic Bite-Sized Dippers

Gluten/Wheat: Substitute gluten-free/nut-free bread or pita.

Nightshade: Omit red bell pepper.

Instructions

Mosaic Bite-Sized Dippers

slice + toss + toast

Slice **6 bread slices** into thirds, then cut each third in half. If using pita bread, cut into bite-sized wedges. If toasting the bread, toss sliced bread or pita in a mixing bowl with **2 tablespoons of olive oil** or more and sprinkle with **salt and black pepper**. Heat a large skillet to medium, then toast the bread for 1 to 2 minutes on each side until golden brown.

slice + plate

Slice **1 cucumber**, **1 apple**, **2 celery stalks**, and **1 red bell pepper** into bite-sized pieces. Arrange on a plate with a handful of **baby carrots** and **toasted bread dippers** and serve with **Sweet and Savory Middle Eastern Hummus!**