

Chocolate-dipped Strawberries & Dried Fruit



Just chocolate and fruit—the quintessential healthy dessert. It's romantic and delicious, too!

INSTRUCTIONS

1. Line a sheet pan with parchment paper, wax paper, or foil.
2. Dip fruit $\frac{1}{2}$ to $\frac{3}{4}$ of the way in chocolate, leaving some of the fruit exposed for visual appeal. Set on your sheet pan. Let sit in a cool, dry room until completely firm. Remove from pan and store in an airtight container in a room that is 70°F (21°C) or cooler.

Serves: 20

INGREDIENTS

1 pint (0.5 liter) strawberries,
washed and thoroughly dried

8 ounces (225 grams) dried fruit
(apricots, mangos, dates, figs, etc.)

1 pound (450 grams) of tempered
dark chocolate*

NOTES

- *You can use the Quick Method as well, but your dipped fruit may be streaked and will take much longer to harden than properly tempered chocolate.
- Make sure there is no water on the strawberries or it will ruin the temper of your chocolate.
- You can dip almost anything in chocolate. Try dried and fresh fruit, nuts, or not-as-healthy options such as pretzels, crackers, cookies, etc. If dipping processed foods, opt for whole grain versions low in added sugars to improve the health profile.

Nutritional Info (per 1 medium strawberry plus 1 dried apricot dipped in chocolate): Calories 142, Total Fat 6.9 g, Saturated Fat 4 g, Cholesterol 0 mg, Sodium 3.8 mg, Total Carbohydrate 23 g, Dietary Fiber 2.5 g, Sugars 19.3 g, Protein 1.5 g, Vitamin A 2%, Vitamin C 18%, Calcium 2%, Iron 6%

► To view the video for this recipe, and all electronic resources associated with the Culinary Medicine Curriculum, please see <https://bit.ly/culinarymededucation>.