



Chocolate-Dipped Strawberries

Ingredients:

- 2 pints strawberries, stems intact
- 1 1/2 cups semisweet chocolate
- 1 teaspoon canola oil

Directions:

1. Line two baking sheets with parchment or waxed paper. Wipe the strawberries clean and dry them well with paper towels.
2. Melt the chocolate with the oil over a double boiler. Stir until the mixture is smooth and the chocolate is completely melted. Remove from heat.
3. Hold a strawberry by its green top and dip it 3/4 of the way into the melted chocolate. Lift it out of the chocolate, let the excess chocolate run off and set the berry on one of the lined baking sheets. Repeat this for all of the strawberries.
4. To harden the chocolate, chill the strawberries for about an hour before serving. You can store them in the refrigerator for up to 8 hours.

Nutrition information per serving:

39 calories, 2 g fat, 1 g saturated fat,
6 mg cholesterol, 1 g fiber, 1 mg sodium.



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