

# DIG INTO DARK CHOCOLATE



## STRAWBERRY CAPRESE SALAD WITH CHOCOLATE VINAIGRETTE

**EXCELLENT SOURCE OF ANTIOXIDANTS AND LOW CARB**

**NUTRITIONAL INFORMATION:** Calories 195; Fat 14g; Saturated Fat 7g; Sodium 218mg; Carbohydrate 9g; Fiber 1g; Protein 9g

## CHOCOLATE HUMMUS

**HIGH IN PROTEIN AND FIBER**

**NUTRITIONAL INFORMATION:** Serving Size: 2 tablespoons; Calories 126; Fat 9.6 g; Saturated Fat 2g; Sodium 50mg; Carbohydrate 9.6g; Fiber 1.7g; Protein 2.4g

## AVOCADO DARK CHOCOLATE TRUFFLES

**LOW IN SUGAR AND A GOOD SOURCE OF POTASSIUM**

**NUTRITIONAL INFORMATION:** Serving size: 1 truffle; Calories 59; Fat 3.9g; Trans-fat 0g; Carbohydrates 7.5g; Sodium 120mg; Fiber 1.5g; Protein 0.7g; Cholesterol 1mg



# DIG INTO DARK CHOCOLATE

## STRAWBERRY CAPRESE SALAD WITH CHOCOLATE VINAIGRETTE – SERVES 8

### INGREDIENTS:

8-ounces mini mozzarella cheese balls, halved  
2 cups fresh strawberries, hulled and quartered  
½ cup chopped basil leaves  
¼ cup dark chocolate chips (look for 70% cacao or higher)  
¼ cup balsamic vinegar  
¼ cup extra-virgin olive oil  
½ tablespoon honey  
¼ teaspoon kosher salt  
1/8 teaspoon black pepper

### PREPARATION:

1. Toss mozzarella, strawberries, and basil together in a medium mixing bowl.
2. In a small microwave-safe bowl, melt the chocolate chips in the microwave in 30-second intervals. Stir until smooth. Whisk in the vinegar, oil, honey, salt, and pepper. Drizzle over salad mixture and toss to combine.
3. Store leftover dressing in an airtight container at room temperature up to 1 week.

## DARK CHOCOLATE HUMMUS – SERVES 16

### INGREDIENTS:

4 ounces bittersweet chocolate, coarsely chopped  
1 (15-ounce) can no-salt added chickpeas, drained and rinsed  
⅓ cup tahini  
⅓ cup extra-virgin olive oil  
⅓ cup water  
2 tablespoons confectioners' sugar  
½ teaspoon vanilla extract  
¼ teaspoon salt

### PREPARATION:

1. Place the chocolate in a microwave-safe bowl and microwave for 30 seconds. Stir the chips, then put back in the microwave in 10 second intervals, stirring each time, until chocolate is melted and smooth.
2. Place the chickpeas, tahini, olive oil, water, confectioners' sugar, vanilla and salt in a food processor. Process, scraping down the sides as needed, until smooth (or slowly add chocolate in small batches).
3. With the motor running, add melted chocolate and process until combined.

To make ahead: Refrigerate for up to 3 days.



## DARK CHOCOLATE AVOCADO TRUFFLES – SERVES 20

### INGREDIENTS:

- 1 ripe avocado
- 5 oz dark chocolate, coarsely chopped (try to avoid using chocolate chips)
- 2 tbsp brown sugar
- ¼ tsp vanilla extract
- ⅛ tsp salt
- 2 ½ tbsp unsweetened cocoa powder (separated)

### PREPARATION:

In a medium mixing bowl, pit the avocado and mash the flesh with a fork until completely smooth and lump free. Melt the chocolate in either the microwave or on the stove, taking care not to burn it. Once melted, combine with the mashed avocado. Stir in the brown sugar, vanilla extract, salt, and 1½ tbsp of the cocoa powder until thoroughly combined. Place the truffle mixture into the fridge for 30-40 minutes and let cool until partially set.

Use a small cookie scoop or tablespoon to dollop out the truffles and form balls with your hands. Roll in the remaining 1 tbsp of cocoa powder. Last step, enjoy!

### EQUIPMENT NEEDED

- 3 small microwave-safe bowls
- Food processor
- 2 medium mixing bowls
- Whisk
- Tablespoon-size cookie scoop (optional)

### INGREDIENTS

#### *Baking, Canned, and Non-perishables*

- ¼ cup dark chocolate chips (look for 70% cacao or higher)
- 5 oz dark chocolate
- 4 ounces bittersweet chocolate
- 2 ½ tablespoon u
- nsweetened cocoa powder
- 1/3 cup tahini
- 2 tablespoon brown sugar
- ¾ teaspoon vanilla extract
- 2 tablespoons confectioners' sugar

#### *Dairy*

- 8 ounces mini mozzarella balls

- ½ tablespoon honey
- 1 (15-ounce) can chickpeas
- ¼ cup balsamic vinegar
- 1/3 + ¼ cup extra-virgin olive oil
- Salt
- Black Pepper
- Water

#### *Produce*

- 2 cups strawberries
- 1 bunch fresh basil
- 1 ripe avocado



## MISE EN PLACE

*Cooking along? Have the following items prepped in advance of the demo. Arrange all other ingredients at your workspace so they are readily accessible and have measuring utensils and equipment handy. PRO TIP! Arrange your ingredients from left to right in order they appear in the recipe*

### **STRAWBERRY CAPRESE SALAD WITH CHOCOLATE VINAIGRETTE:**

- Wash, hull and quarter the strawberries
- Slice the mini mozzarella balls in half and chop the basil
- Melt the chocolate chips right before preparation time

### **DARK CHOCOLATE HUMMUS:**

- Chop up the chocolate and melt before preparation time.

### **DARK CHOCOLATE AVOCADO TRUFFLES:**

- Melt the chocolate right before preparation time

