



Chocolate-Covered Strawberries

Ingredients:

- 8 strawberries
- 1/2 cup good quality bittersweet chocolate chips (or milk chocolate, if preferred)
- 1/8 cup white chocolate chips
- 1/2 teaspoon canola oil

Directions:

1. Wash strawberries (leave stems on), and pat dry.
2. Microwave dark chocolate in a bowl 30 seconds at a time, stirring after each interval. Stop cooking when most of the chocolate is melted but lumps still remain (60-90 seconds), stir until smooth.
3. Hold each strawberry by the stem (can also use a fork or sturdy toothpick), dip in melted chocolate until evenly coated. Place on wax paper.
4. Combine white chocolate and oil in a bowl, microwave 30-45 seconds, stir until smooth. Dip a fork into the melted white chocolate and drizzle over prepared strawberries. Chocolate will harden at room temperature, but strawberries can be made ahead and chilled.

Serves 4

Serving Size: 2 strawberries

Nutrition Facts			
Serving Size 2.00 piece(s) (52g)			
Amount Per Serving			
Calories	154	Calories from Fat	98
		% Daily Value	
Total Fat	10.9g		17 %
Saturated Fat	6.2g		31 %
Trans Fat	0.0g		
Cholesterol	0.8mg		0 %
Sodium	5.4mg		0 %
Total Carbohydrate	17.2g		6 %
Dietary Fiber	2.3g		9 %
Sugars	12.8g		
Protein	1.7g		
Vitamin A	0 %	Calcium	3 %
Vitamin C	24 %	Iron	9 %



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