

**Boston Medical Center
Nutrition Resource Center**

Preventative Food Pantry: (617) 414-3834 or (617) 414-5263
Food Demonstration Kitchen: (617) 414-3840 or www.bmc.org



Chocolate Dipped Strawberries
Makes servings

Ingredients:

6 ounces semisweet chocolate chips

1 pound strawberries (about 20), washed and dried well

Toppings: mini chocolate chips, flaked coconut, toasted nuts

Directions

1. Put the semisweet medium heatproof metal medium bowl. Fill a medium saucepan with a 2 inches of water and bring to a simmer over medium-high heat. Turn off the heat; set the bowls of chocolate over the water to melt. Stir until smooth. (Alternatively, melt the chocolates in a microwave at half power, for 1 minute, stir and then heat for another minute or until melted.)
2. Once the chocolates are melted and smooth, remove from the heat. Line a sheet pan with parchment or waxed paper. Holding the strawberry by the stem, dip the fruit into the dark chocolate, lift and twist slightly, letting any excess chocolate fall back into the bowl.
3. Roll into desired topping. Set strawberries on the parchment paper. Repeat with the rest of the strawberries. Set the strawberries aside until the chocolate sets, about 30 minutes.