



A RED SOX FOUNDATION AND  
MASSACHUSETTS GENERAL HOSPITAL PROGRAM



## *Chocolate Dipped Strawberries*

Serving size: 2-3 strawberries

### **Ingredients:**

2, 16-oz containers of strawberries with stems on  
10 ounces of dark chocolate chips  
10 ounces of milk chocolate chips

### **Directions:**

1. Wash strawberries and allow to air dry.
2. Combine chocolate chips in a bowl and use a double-boiler or microwave to melt together.
3. Remove melted chocolate from heat, quickly dip strawberries in melted chocolate and then place chocolate-covered berries on a lined sheet pan to dry.
4. Set pans in refrigerator for 5-10 minutes. Enjoy!



### **Nutrition Tips:**

1. Keep in mind that consuming chocolate may contribute to heartburn or reflux symptoms.
2. The more nutritious choice of chocolate is dark chocolate (at least 60-70% cocoa), as it is a good source of antioxidants. Many recipes that call for milk chocolate can be modified to include  $\frac{1}{2}$  milk chocolate and  $\frac{1}{2}$  dark chocolate.
3. If strawberries are stem-less, use a short metal or wooden skewer for easy dipping. Other berries and fresh fruits can similarly be dipped in melted chocolate and served as a dessert.
4. When heating chocolate or chocolate chips, you can use the microwave but it is important to understand how fast and hot the microwave works. If using a water bath on a stove, make sure the bowl of chocolate does not touch the water in the pot.

### **Source:**

Nicolette Maggiolo is the Registered Dietitian for Home Base, a Red Sox Foundation and Massachusetts General Hospital Program, where she provides individual and group nutrition counseling to veterans and their families. Originally from New York, Nicolette brings her love of cooking, fitness and an integrative approach as she supports patients with individualized nutrition plans.