



Southington Library & the ShopRite of Southington's
Cooking with Teens: Whip Up Sweet Valentine's Treats
with ShopRite's Kailee Conrad RD

Thursday, February 11, 2016



Chocolate-Dipped Clementines!

Ingredients:

- 7-8 Clementines, peeled and segmented
- 4 oz. dark Chocolate (60-70% cocoa), chips or finely chopped

Directions:

- 1) Line baking sheet with parchment paper. Melt chocolate over double boiler or in a microwave, stirring every 30 seconds until melted.
- 2) Dip segments in chocolate and transfer to parchment lined sheet.
- 3) Set aside until chocolate hardens. Serve at room temperature.



Nutrition Info (3 pieces): Calories: 44; Fat: 2g; Carbohydrate: 6g; Protein: 1g; Sodium: 0mg; Cholesterol: 0 mg; Fiber: 1g

Recipe adapted from: The Food Network

Chocolate-Cherry-Almond Clusters!

Ingredients:

- 1 cup chopped ShopRite Almonds, toasted
- ½ cup dried Cherries
- 6 oz. dark Chocolate (60-70% cocoa), chips or finely chopped

Directions:

- 1) In a medium bowl, toss together the almonds and the cherries. Line a baking sheet with waxed paper or parchment paper.
- 2) Melt the chocolate in a microwave-safe bowl, stirring every 30 seconds for 1-2 minutes or until melted. Fill a larger bowl one third of the way with warm tap water. Put the pan of melted chocolate on top of the warm water. This will keep the chocolate at the right temperature while you make the clusters.
- 3) Stir the fruit-nut mixture into the chocolate. Spoon out heaping tablespoon-sized clusters of the chocolate mixture onto the baking sheet about 1-inch apart. Put them in the refrigerator to set for 15 minutes. Store and serve at room temperature.

Recipe adapted from: The Food Network

