

WHAT'S COOKING? *Nutritional Series*

RECIPES & INFORMATION FOR LIVING A HEART-HEALTHY LIFESTYLE



Dr. Sinatra's **CHOCOLATE COVERED STRAWBERRIES**

This simple heart-healthy treat is a Valentine's Day staple! Be sure to use [organic](#) strawberries, as conventionally grown strawberries generally contain high levels of a cancer-causing pesticide. Organic strawberries are more nutritious, to boot! They have been shown to contain significantly more [flavonoids](#) and higher levels of Vitamin C than conventional grown varieties. In short, choosing organic will leave a better taste in your mouth!

Consumed in moderation, dark chocolate can have a positive effect on your heart. In addition to stimulating "feel good" parts of your brain, dark chocolate also acts as an antioxidant and can help you maintain healthy blood viscosity and blood pressure levels.

- 8 ounces dark chocolate (70% cacao or more), chopped
- 1 pound organic strawberries, rinsed

Use a double boiler (one pan inside of another with water) to melt the chocolate. Bring the water in the bottom pan to a simmer and melt the chocolate in the top pan over medium heat.

Place wax paper along the bottom of a sheet pan or other flat surface. Dip each strawberry into the melted chocolate, turning it until well-coated, and place on wax paper surface. Refrigerate strawberries for at least 15 minutes before serving to allow the chocolate to set. Bon appétit!