

Please be advised that not all of the recipes are appropriate for all people.
If you have specific dietary restrictions and are unsure if a recipe works for you, please contact us.

CHOCOLATE BARK WITH QUINOA

Revised from *Cooking Light* (Makes 15 pieces)

Ingredients:

1/2 C uncooked quinoa
1/3 C turbinado sugar
7 ounces dark chocolate (70-80% cocoa), finely chopped
1/4 tsp sea salt

Directions:

Heat a large, non-stick skillet over medium heat. Add quinoa; cook 3 minutes or until lightly toasted, stirring constantly. Add the sugar; cook, stirring constantly, an additional 6 minutes or until the sugar is melted and amber colored.

Transfer mixture to a baking sheet lined with parchment paper; spread to a thin, even layer. Cool completely. Place cooled mixture in a zip-top plastic bag; gently tap with a rolling pin to break apart any clusters. Reserve 1/3 C mixture; set aside.

Melt chocolate slowly in top of double boiler until smooth, stirring occasionally. **OR you can preheat oven to 400 degrees and turn off. Place chocolate in oven safe bowl and place in oven. Check every 5 minutes for "doneness".** Stir in quinoa mixture (except reserved 1/3 cup)

Pour chocolate/quinoa mixture into a 13 x 9-inch baking dish lined with parchment paper. Spread to 1/16 inch thickness. Sprinkle with reserved 1/3 cup quinoa and sea salt.

Gently press to adhere. Freeze 5 to 10 minutes to set. Break bark into 15 pieces. (about 1 ounce each.)