

## **Cooking Demo: Chocolate**

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### **Chocolate Avocado Pudding (No Cook) (Serves 2-4)**

<https://simple-veganista.com/raw-chocolate-pudding-3-ways/>

#### **Ingredients:**

- 1 large avocado (or 2 small), skin & seed removed
- 1 large ripe banana (or 2 small), peeled
- 3-4 Tbsp Cacao or cocoa powder
- 3-4 Tbsp pure maple syrup
- 1 tsp vanilla extract
- 2 Tbsp – ½ c water for desired consistency.
- Optional: ¼ tsp cinnamon + optional garnish (raspberries, orange zest, or espresso powder).

#### **Directions:**

1. In a blender, combine all ingredients & blend until creamy, stopping to scrape down the sides as needed. Add water, a few tablespoons at a time, as needed for desired consistency. It may take up to ½ cup of water.
2. Pudding can be served at room temperature, but it recommended to chill in the refrigerator.
3. Optional: Serve with a garnish such as raspberries or orange zest.
4. Leftovers can be stored in an airtight container for 4-5 days in refrigerator.

### **Chili with Chipotle & Chocolate Makes 8 (1 ¼ cup) servings**

<https://www.myrecipes.com/recipe/chili-with-chipotle-chocolate>

#### **Ingredients:**

- Cooking spray
- 1 large onion, diced
- 1 tsp minced garlic
- 1# ground turkey breast
- 2 Tbsp ancho chili powder
- 1 Tbsp unsweetened cocoa powder
- 1 tsp. ground cumin
- ½ tsp fresh black pepper
- ¼ tsp salt
- 2 (15 oz) cans beans, rinsed & drained
- 2 (14.5 oz) cans diced tomatoes
- 1 (14 oz) can fat-free, reduced sodium chicken broth
- 2 chipotle chilis, canned in adobo sauce, minced
- 2 oz unsweetened chocolate, chopped
- 3 Tbsp brown sugar

### **Directions (Chili with Chocolate):**

1. Heat a Dutch oven over medium-high heat. Coat pan with cooking spray.
2. Add onion, garlic, & turkey to pan; saute for 8 minutes or until turkey is browned & vegetables are tender.
3. Add rest of ingredients – except chocolate; stir to blend.
4. Bring to a boil. Reduce heat & simmer for 15 minutes or slightly thickened, stirring occasionally.
5. Add chocolate, stirring to melt.
6. Serve.

**Tip:** Boost vegetable content by adding: celery, carrots, bell peppers, corn, etc.

### **Nutrition Facts:**

257 Calories; 6.6 g fat, 23.6 protein, 26 g carbohydrate, 6 g fiber, 603 mg sodium.

### **Salad with Chocolate Balsamic Vinaigrette**

#### **Salad:** (1 serving)

1 c. Spinach or other mixed greens

¼ c. Fruit (examples: strawberries or mandarin oranges)

1-2 T. Chopped Nuts (example: pecans, walnuts, or almonds)

1 T. Salad dressing

Optional: 1 T. Feta cheese & other veggies

### **Chocolate Balsamic Vinaigrette**

<https://www.thefullhelping.com/whim-and-whimsy-chocolate-vinaigrette/>

#### **Ingredients:**

½ c. oil

¼ - ½ c. balsamic vinegar

3 T. cacao or unsweetened cocoa powder

¼ - ½ t. sea salt

Dash of pepper

#### **Directions:**

1. Combine salad ingredients together.
2. Combine all dressing ingredients by using a whisk or a blender.
3. Top salad with 1-2 T. dressing.

### **Additional Resources:**

<https://www.elliekrieger.com/recipe/chocolate-haystacks-crushed-strawberries/>

<https://www.medicalnewstoday.com/articles/dark-chocolate>

<https://www.heart.org/en/news/2019/02/12/are-there-health-benefits-from-chocolate>

<https://www.webmd.com/diet/difference-between-cocoa-and-cacao>

<https://recipes.heart.org/en/>

**Q: Where does chocolate come from?**

A: It comes from the seeds/beans of the cacao tree. It is a tropical tree native to Central & South America. However, currently, the largest producer is Ghana.

<http://facts-about-chocolate.com/where-does-chocolate-come-from/>



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**Q: How does chocolate go from tree to a chocolate product?**

<https://en.wikipedia.org/wiki/Chocolate>

A: The tree produces pods that contain seeds. The seeds must be fermented to decrease bitterness & develop the flavor. After fermentation, the seeds (beans) are dried & roasted. Once dried, they are shipped to be processed into chocolate.

When it is heated, the liquified mass is a liquor with 2 parts: cocoa solids & cocoa butter.

Baking (bitter) chocolate – cocoa solids & cocoa butter.

Dark chocolate = cocoa solids, cocoa butter, sugar. Finest quality = 70% cocoa

Milk chocolate = cocoa solids, cocoa butter, sugar, milk. Contains up to 50% cocoa.

White chocolate = cocoa butter, sugar, milk (no solids). Contains up to 35% cocoa.

Note that some mass produced chocolate can contain as low as 7% cocoa & have added fats & artificial vanilla to mask poorly produced beans.

Removing the cocoa butter makes it cheaper to produce & more consistent quality. To make chocolate moldable, cocoa butter is added back in. An emulsifier keeps it smooth.

**Q: What is the difference between cacao & cocoa?**

A: They are both processed similarly, but cocoa is processed at a higher temperature.

You can use cacao & cocoa powder interchangeably in recipes.

<http://www.onegreenplanet.org/vegan-food/cacao-vs-cocoa-what-you-need-to-know/>

**Q: What are cacao nibs?**

A: Cacao beans that have the shell removed & are chopped up. Think chocolate chips without added sugar or fat.

**Q: What is chocolate bloom?**

A: It appears as white spots & is an indication that the sugar or fat separated due to poor storage. It is still safe to eat.

**Nutrition:**

Chocolate contains carbohydrates, fats, protein, fiber, vitamins, & minerals. Some of these vitamins & minerals are antioxidants (flavonoids). It also contains caffeine & theobromide.

<https://www.rd.com/health/wellness/health-benefits-of-chocolate/>

**Tips for buying:**

The less processed (& more bitter) the better.

[https://www.huffingtonpost.com/florence-comite-md/6-simple-health-tips-for-buying-chocolate\\_b\\_9197358.html](https://www.huffingtonpost.com/florence-comite-md/6-simple-health-tips-for-buying-chocolate_b_9197358.html)



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