

Almond Pumpkin Seed Chocolate Bark

1 pound dark chocolate, chopped

2 cups unsalted almonds, toasted and chopped

1/2 cup unsalted toasted pumpkin seeds

1 Line a 9 x 12-inch rimmed baking sheet with parchment paper allowing paper to overhang ends a few inches, set side. Place the chocolate in a heatproof bowl over a pan of simmering water, stirring occasionally until melted. Use a candy or instant-read thermometer to keep chocolate below 100°F. Remove the chocolate from the heat and stir until the chocolate reaches 90°F.

2 Add the almonds and pumpkin seeds and stir to coat. Pour the chocolate mixture onto the prepared baking sheet. Spread evenly with a spatula and allow to set 10 minutes. If necessary, refrigerate until chocolate hardens.

3 Lift the ends of the parchment paper and place the bark on a cutting board. Cut the bark into 1-inch squares. Store in an airtight container in a cool place.

Nutrition Profile

Yield: 26 servings

Serving Size: 1 ounce

Calories (kcal) 171

Protein (g) 4

Carbohydrates (g) 13

Total Dietary Fiber (g) 3

Total Sugars (g) 9

Added Sugar (g)	0
Fat (g)	12
Saturated Fat (g)	4
Cholesterol (mg)	1
Calcium (mg)	39
Magnesium (mg)	68
Phosphorus (mg)	113
Potassium (mg)	191 Low Potassium
Sodium (mg)	5 Low Sodium

ROASTED CARROTS, CRANBERRIES & COUSCOUS

Makes 6 1-cup servings

Aside from being delicious and nutritious, this festive side dish always finds a place on our holiday tables for its vibrant colors. When possible, search out whole wheat couscous for higher fiber and protein content. The roasted carrots can also be served on their own as a side dish, toss with fresh herbs and orange zest. Leave off the parsley for a lower potassium version.

1 medium onion, sliced ¼-inch thick

4 large carrots, sliced ¼-inch thick on the bias

2 tablespoons extra virgin olive oil

2 cups pearl couscous, regular or whole wheat

2 ½ - 3 cups no sodium vegetable broth

½ cup dried cranberries

½ cup chopped parsley

¼ cup Sherry vinaigrette, page xx

Kosher salt and freshly ground black pepper, to taste

1 Heat the oven to 400°F. Place the onions and carrots on a baking sheet, toss with the olive oil and season with salt and pepper. Roast the vegetables until tender and just starting to brown, about 20 minutes, stirring halfway through roasting.

2 Heat the couscous in medium sauce pan over medium high heat. Toast the couscous until golden brown and fragrant, stirring frequently, about 10 minutes. Check the package directions for the amount of liquid needed, which varies based on regular or whole wheat variety. Add the vegetable stock and bring to a boil. Cover the pan with a lid, reduce the heat to low and simmer until the stock is absorbed, 10 minutes.

3 Transfer the couscous to a large bowl. Add the onions, carrots, cranberries, parsley and vinaigrette, season with salt and pepper and toss to combine. Serve warm or at room temperature.

Modification. Lower potassium

1. Use regular pearl couscous instead of whole wheat

2. Omit parsley

2. Use 2 carrots

Roasted Carrots, Cranberries & Couscous

Nutrition Profile

Yield: 6 servings

Analysis per serving. 1 cup serving

Calories (kcal) 386

Protein (g) 8

Carbohydrates (g) 64

Total Dietary Fiber (g) 6

Total Sugars (g) 13

Added Sugar (g) 0

Fat (g) 11

Saturated Fat (g) 2

Cholesterol (mg) 0

Calcium (mg) 62

Magnesium (mg) 40

Phosphorus (mg) 135

Potassium (mg) 422

Sodium (mg) 131

Update/Modification. Roasted Carrots, Cranberries & Couscous (lower potassium)

Nutrition Profile

Yield: 6 servings

Analysis per serving. 1 cup serving

Calories (kcal) 363

Protein (g) 8

Carbohydrates (g) 59

Total Dietary Fiber (g) 5

Total Sugars (g) 10

Added Sugar (g) 5

Fat (g) 10

Saturated Fat (g) 1

Cholesterol (mg) 0

Calcium (mg) 42

Magnesium (mg) 33

Phosphorus (mg) 118

Potassium (mg) 262

Sodium (mg) 96

Potassium Content

19mg 1 medium onion, sliced ¼-inch thick
137mg 2 large carrots, sliced ¼-inch thick on the bias
2 tablespoons extra virgin olive oil
96mg 2 cups pearl couscous, regular
2 ½ - 3 cups no sodium vegetable broth
4mg ½ cup dried cranberries
6mg ¼ cup Sherry vinaigrette, page xx

SHERRY VINAIGRETTE

Makes 2/3 cup

2 tablespoons sherry vinegar

¼ cup lemon juice

1 clove garlic, pressed

1/3 cup olive oil

Kosher salt and freshly ground black pepper, to taste

Whisk together the vinegar, lemon juice and garlic. Slowly whisk in olive oil, season with salt and pepper. Store refrigerated in a glass jar.