

Dark Chocolate Pistachio Bark

Makes 40 pieces

This bark is made with dark chocolate, which is not only delicious, but has healthy antioxidants, too! It's also studded with pistachios, which add a nice crunch as well as a dose of healthy fats.

Ingredients

12 squares semisweet chocolate
1 cup pistachio nuts, shelled and toasted

Instructions

Microwave the chocolate in a bowl on high for 2 minutes, stirring after 1 minute. Stir until completely melted. Stir the nuts into the chocolate. Spoon the chocolate and nut mixture onto a baking sheet lined with waxed paper. Refrigerate for 1 hour until firm. Break into bite-size pieces. Makes 1 pound — about 40 pieces. Enjoy one piece as a treat, or bag the bark pieces and tie with festive ribbons to dole out to co-workers and friends!

Nutritional Information:

150 calories
10 g total fat (4 g saturated fat)
0 mg cholesterol
16 g carbohydrate
3 g protein
2 g fiber
0 mg sodium

From the South Beach Diet tested by Sandi Kenyon.