

## Healthy Meals Made Easy

Strawberry Fennel Arugula Salad with Cacao Nibs  
Dark Chocolate Hummus  
Chocolate Zucchini Muffins

CHOCOLATE COMES FROM COCOA  
WHICH COMES OUT OF A TREE.  
THAT MAKES IT A PLANT.  
THEREFORE, CHOCOLATE COUNTS  
AS A SALAD. the end.



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Calling all chocolate lovers! Tonight's menu features three recipes loaded with chocolate. The double chocolate zucchini muffins can be baked ahead of time (they freeze well) and the both the salad and hummus require no heating and can be whipped together quickly on hot days. Be warned that this menu might be chocolate overload to eat all at once; some might enjoy each recipe served separately as an accompaniment to a meal or as a snack.

Nutritional highlight of cocoa:

- Packed with phytonutrients naturally found in all plant foods
- Cocoa is abundant in polyphenols which have many known health benefits
- Processing into chocolate decreases levels
- Typical commercial chocolate has less than half after processing
- Higher percent dark chocolate contains more polyphenols

Antioxidant ranking of chocolate

- White chocolate (contains cocoa butter, sugar, and milk but no cocoa solids)
- Milk chocolate
- Semi-sweet chocolate
- Dark chocolate
- Unsweetened bakers chocolate
- Raw cocoa nibs or cocoa powder

Additional Nutrition Highlights (source: [www.whfoods.com](http://www.whfoods.com))

- Fennel is an excellent source of vitamin C. It is also a very good of dietary fiber, potassium, molybdenum, manganese, copper, phosphorus and folate. In addition, fennel is a good source of calcium, pantothenic acid, magnesium, iron and niacin.

- The vitamin C found in fennel bulb is directly antimicrobial and is also needed for the proper function of the immune system.
- Garbanzo beans have long been valued for their fiber content. Two cups provide the entire Daily Value!
  - As little as 3/4 cup of garbanzos per day can help lower our LDL-cholesterol, total cholesterol, and triglycerides in a one-month period of time.
- Sesame seeds are excellent source of copper and a very good source of manganese, but they are also a good source of calcium, magnesium, iron, phosphorus, vitamin B1, zinc, molybdenum, selenium, and dietary fiber.
  - Copper is known for its use in reducing some of the pain and swelling of rheumatoid arthritis. Preventing the airway spasm in asthma.