



The principle for making a bark is very simple: You melt baking chips, stir in a crunchy ingredient and a sweet, fruity one, let the mixture harden, and break it into pieces.

Cranberry-Pistachio Bark

1 cup coarsely chopped pistachios (5 oz.)

1 cup dried cranberries (5 oz.)

24 oz. semisweet chocolate or white chocolate chips



1. Line a baking sheet with foil. In a bowl, combine the pistachios and cranberries. Measure out half the mixture and set aside.
2. In a bowl set over hot, not boiling, water, melt the chocolate chips. Remove from the heat, and stir in the pistachio-and-cranberry mixture.
3. Spread the mixture evenly over the baking sheet. Sprinkle the reserved pistachios and cranberries over the chocolate and use a spatula to gently press them in. Refrigerate for 30 minutes or until hardened. Break into uneven pieces.

Makes 2 pounds

Total time: 50 minutes

Per 1-ounce serving: 140 calories, 8.4 g fat, 18 g carbohydrates (2 g fiber), 2 g protein

