As Valentine's Day approaches, join Sodexo Catering and Marquette Wellness in our sweet cooking/nutrition demo! As life sometimes doesn’t allow us to eat as healthy as we would like, why not indulge on a day like Valentine’s Day? This time do something a little better for their heart....and yours. Listen up for the nutrition tips on how to make your treats stay sweet and heart healthy.

Executive Chef: Brad Dawson
Dietitian: Gina Villani
Moo-Less Chocolate Pie

Ingredients
13 ounces semisweet chocolate chips
1/3 cup coffee
1 teaspoon vanilla extract
1 pound silken tofu, drained
1 tablespoon honey

Oatmeal Crust:
8 oz oats, run through food processor
1 tablespoon sugar
4 ounces unsalted butter, melted and slightly cooled

Directions:
1. Place enough water in the bottom of a 4-quart saucepan to come 1 inch up the sides. Bring to a simmer over medium heat.
2. Melt the chocolate chips with the liqueur and vanilla in a medium metal bowl set over the simmering water, stirring often with a rubber or silicone spatula. Combine the tofu, chocolate mixture and honey in a blender or food processor and spin until smooth, about 1 minute. Pour the filling into the crust and refrigerate for 2 hours, or until the filling sets firm.

Oatmeal Crust:
1. Preheat the oven to 350 degrees F.
2. Spin the oats and sugar in a food processor until coarse crumbs. Then drizzle in the butter, pulsing to combine. Press this mixture firmly and evenly into the bottom, up the sides and just over the lip of a 9-inch metal pie pan.
3. Bake on the middle rack of the oven until crust is set and appears dry, 18 to 20 minutes. Remove from the oven and cool completely, about 1 hour.

Per 1/8 Pie

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Oreo Truffles

Ingredients

- 1 15.35-ounce package chocolate sandwich cookies with white filling
- 1 8-ounce package cream cheese, softened
- 1 2/3 cups dark chocolate pieces (10 ounces)
- 2 tablespoons butter

Directions

1. Place one-quarter of the cookies in a food processor. Cover; process until finely crushed. Transfer crushed cookies to a large mixing bowl. Continue processing and transferring with the remaining cookies.
2. Beat crushed cookies and cream cheese with an electric mixer on low speed until well combined. Shape the mixture into 1-inch balls. Place balls on a waxed paper-lined baking sheet and freeze for 15 minutes or until firm.
3. Meanwhile, in a medium, heavy saucepan, melt the 10 ounces of chocolate and butter over low heat, stirring until smooth. Remove from heat and cool slightly.
4. Use a fork to dip truffles into chocolate mixture, allowing excess chocolate to drip back into saucepan. Place truffles on a waxed paper-lined baking sheet; freeze for a few minutes until firm or chill in the refrigerator about 30 minutes or until firm.

- Makes about 2 dozen Truffles

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Roasted Fruit with Honey Yogurt Sauce

Ingredients:

- 1 pineapple
- 1 pint strawberries
- 2 bananas
- 3 plums
- 2 peaches
- 1/2 cup honey
- 2 cups vanilla greek yogurt
- 2 tablespoons lime or lemon juice
- 1/8 cup chopped fresh mint leaves

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Directions:

1. Peel and core the pineapple and cut into 2-inch chunks.
2. Peel the bananas and cut into 5 or 6 large pieces, sprinkle lightly with a small amount of lemon or lime juice, reserving remaining juice for the dressing.
3. Cut the plums and the peaches in halves, discarding pits, and cut into 2-inch chunks.
4. Wash and hull strawberries, cut in half
5. Place the fruit pieces in a 400 degree oven for 10 to 15 minutes. Times may vary
6. In the meantime, prepare dressing by combining the honey, lime or lemon juice, and the chopped mint in a small bowl. Brush the fruit with the honey mixture during the last 4-5 minutes of cooking.
7. Place the fruit on a serving platter, drizzle with any remaining honey mixture.