



<b>Brick</b>	<b>Marlboro</b>	<b>Oakhurst</b>	<b>Brooklyn</b>	<b>Cedarhurst</b>
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<b>ISRAELI CHOCOLATE-COATED ORANGE PEELS</b> Stabilization (Week 5) & Maintenance
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**Ingredients**

- 3 oranges
- 2 cups Splenda, plus extra for rolling
- 1 cup water
- 2 TBS lemon juice
- 5 oz. Bittersweet chocolate, finely chopped, divided
- 2 TSP canola oil

**Instructions**

1. Line a baking sheet with wax paper. Set aside.
2. Scrub oranges well, and cut in half. Scoop out the flesh and reserve for another use. Place the shells in a medium bowl and cover with cold water, keeping them under water with a small plate or lid. Let soak for about 4 hours or overnight, replacing the water once.
3. Cut each shell in half, and place in a large heavy saucepan. Add water to cover and bring to a boil over medium-high heat. Boil for 15 minutes. Drain and repeat the process. When oranges are cool enough to handle, cut into strips about 1/4 by 2 inches. Return the strips to the saucepan, add Splenda and 1 cup water.
4. Bring to a simmer over low heat. Cook gently, stirring occasionally, until liquid is almost gone, about 1-1/2 to 2 hours. (Watch closely toward the end of cooking.) Add the lemon juice and stir to coat the strips. Drain the strips in a sieve. When they are cool enough to handle, spread on the prepared baking sheet.
5. Reserve 1/4 cup of the chocolate and place the remaining chocolate and the oil in the top of a double boiler set over barely simmering water. Stir just until melted, remove double boiler from heat, then add the remaining chocolate, stirring until melted.
6. Roll each orange strip in sugar, then dip half of each peel into the chocolate and return to the baking sheet. Place in the freezer for a minute or two to let the chocolate set. Remove from the freezer and let them sit for several hours until they are firm..

**Portion-Per-Serving Information** (Yields about 80 'candies): 1 serving = 2 pieces = 1 FR

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\*<http://www.eatingwell.com>