

COURTESY OF TIME INC.



## BALSAMIC, BEET, AND BERRY SALAD

Salad toppings can often take salads from healthful to heavy, turning a nutrient-rich meal into a calorie bomb. To keep your salads light, add flavorful but calorie-dense crumbly cheeses (100 calories per ounce), chopped nuts (50 calories per tablespoon), and dried fruits (25 calories per tablespoon) in smart portions at the end so you can get a bit of each in every forkful. Serve your salad on a plate to keep all those tasty (and heavy) toppings from collecting in the bottom, as they might in a bowl.

### PREP & COOKING TIME

Hands-on: 10 minutes • Total: 10 minutes

### SERVES 1

For the Vinaigrette (Makes about 1/3 cup, enough for five salads)

3 tablespoons olive oil

1 tablespoon balsamic vinegar

1 teaspoon honey

1/4 teaspoon kosher salt

1/4 teaspoon freshly ground black pepper

1 teaspoon finely chopped fresh rosemary

### For the Salad

2 cups spinach

1/4 cup quartered strawberries

1/4 cup fresh blueberries and blackberries

1/2 cup thinly sliced raw Chioggia beets

3/4 ounce goat cheese, crumbled (about 3 tablespoons)

1 1/2 tablespoons chopped walnuts, toasted

1. Make the Vinaigrette: Combine the ingredients in a small bowl, stirring well with a whisk. Reserve 1 tablespoon of the vinaigrette. Refrigerate the remaining vinaigrette in an airtight container for up to 1 week.

2. Make the Salad: Combine the spinach, berries, and beets on a plate. Sprinkle with the cheese and walnuts. Add the reserved 1 tablespoon vinaigrette; toss well.

Calories 305; Fat 22.4 g (Sat 5.3 g, Mono 9.5 g, Poly 6.6 g); Protein 9 g; Carb 21 g; Fiber 6 g; Sugars 13 g (Est. Added Sugars 1 g); Chol 10 mg; Iron 3 mg; Sodium 301 mg; Calcium 122 mg

# The Founding Fathers Were Very Fond of Chocolate

CHANNALY PHILIPP

Thomas Jefferson once wrote to John Adams about chocolate, declaring he had no doubt that it would in time overtake tea and coffee in popularity among American households.

In those days, chocolate was consumed solely as a beverage. According to “Great Moments in Chocolate History” by Howard-Yana Shapiro, Benjamin Franklin used to sell it in his Philadelphia print shop, from which he published the Pennsylvania Gazette and Poor Richard’s Almanack. Shapiro also mentions that around the time of the Boston Tea Party, chocolate enjoyed a spike in popularity, as the colonists had boycotted tea.

And when it came time for Colonel Henry Knox to bring the cannons down from Fort Ticonderoga to Boston through the dead of winter in 1776, it was not just cannons he delivered, but also chocolate, said David Borghesani, chocolate history research manager with the American Heritage Chocolate division of Mars Chocolate North America. The colonel had his priorities straight!

Knox’s general, George Washington, was quite a fan and drank “chocolate cream” for breakfast. The “chocolate cream” was a blend of shaved chocolate mixed with warm water or milk, and sometimes with a bit of wine or brandy, along with some sugar. Shapiro writes that just months before the president’s death, the Washington family received 50 pounds of chocolate.

For those curious about the taste of chocolate back in the old days, Mars has a new product called American Heritage Historic Chocolate, made according to an 18th-century recipe, with New World spices. You might detect some cinnamon, nutmeg, and the slightest touch of chili spice. Borghesani said that in his experience, the taste can be polarizing.

In an office taste test, I found the majority of



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George Washington liked to have “chocolate cream” for breakfast, a blend of shaved chocolate with water or milk.

people loved its complex flavors. With the chocolate sticks in particular, the form takes the emphasis off the chocolate’s unusual texture—in the colonial days, chocolate was neither tempered nor conched, so it was a little gritty. A few testers missed the silky-smooth texture found in modern chocolate.

In any case, it is a sweet, historical treat; to those who love history, and to children especially, it most likely provides a link to greater-than-life historic figures. If Washington possessed pounds of chocolate at any given time, it certainly seems OK for us to be a little enthusiastic about chocolate.

You can find American Heritage Chocolate at over 200 historic American sites, such as Colonial Williamsburg in Virginia and the Old North Church in Boston, or online at AmericanHeritageChocolate.com. Prices vary, depending on the historic site. Proceeds go to the sites.



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American Heritage Historic Chocolate is made according to an 18th-century recipe.

(Center) Portrait of George Washington by Gilbert Stuart Williamstown (detail).

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