

Toasted Sesame Cream Cheese Spread

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Servings: 4

1/2 cup soy sauce

1 package (8 ounce) cream cheese

*4 teaspoons sesame seed, toasted
crackers or raw vegetables (for
serving)*

Pour the soy sauce over the cream cheese block, turning the block over several times to coat all sides.

Refrigerate for two hours, turning often.

Remove from the refrigerator. Roll in the sesame seed.

Refrigerate until ready to serve.

Serve with crackers and raw vegetables.

Per Serving (excluding unknown items): 222 Calories; 20g Fat (80.8% calories from fat); 6g Protein; 5g Carbohydrate; trace Dietary Fiber; 64mg Cholesterol; 2229mg Sodium. Exchanges: 1/2 Lean Meat; 1/2 Vegetable; 3 1/2 Fat.