

Pineapple Walnut Ginger Spread

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*1 package (8 ounce) cream
cheese
1 large can crushed
pineapple, drained
chopped walnuts
chopped candied ginger (or
ground ginger) (to taste)
dried chopped onion
chopped water chestnuts*

In a bowl, mix the ingredients in whatever proportion that pleases you. Use a little of the drained pineapple juice to moisten, if needed.

Serve with crackers.

Per Serving (excluding unknown items): 960 Calories; 81g Fat (74.0% calories from fat); 19g Protein; 45g Carbohydrate; 2g Dietary Fiber; 255mg Cholesterol; 688mg Sodium. Exchanges: 2 1/2 Lean Meat; 2 1/2 Fruit; 15 Fat.