
Cream Cheese and Carrot Sandwich Spread

M Elizabethh Bennett Sheridan

Party Recipes from the Charleston Junior League - 1993

8 ounces cream cheese, room temperature

1/2 cup finely chopped walnuts or pecans

1 cup grated carrots

dash Tabasco sauce

1 teaspoon onion juice

1/2 teaspoon Worcestershire sauce

salt (to taste)

Place the cream cheese into a medium bowl. Add the nuts, carrots, Tabasco sauce, onion juice, Worcestershire sauce and salt. Mix thoroughly.

Spread on crustless bread squares or rounds as canape's or cover a whole loaf of crustless bread, roll up and chill. Slice into 1/2-inch thick rounds one half hour before serving.

Yield: 2 cups

Sandwiches

Per Serving (excluding unknown items): 846 Calories; 79g Fat (82.7% calories from fat); 18g Protein; 19g Carbohydrate; 4g Dietary Fiber; 249mg Cholesterol; 737mg Sodium. Exchanges: 2 1/2 Lean Meat; 2 1/2 Vegetable; 14 1/2 Fat; 0 Other Carbohydrates.