

KIDNEY-FRIENDLY & HEART-HEALTHY

Cranberry Pecan Cheeseball

Makes 16 servings



INGREDIENTS

- 16 oz of low fat cream cheese, softened to room temperature**
- 1 tsp onion powder**
- 1 tsp garlic powder**
- ½ cup fresh parsley, chopped**
- ½ cup green onions, chopped**
- 1 cup dried cranberries, coarsely chopped**
- ½ cup pecans**

Nutrition Facts Per Serving (2 Tbsp)	Calories	130
	Carbohydrates	10 g
	Protein	3 g
	Total Fat	9 g
	Phosphorus	62 mg
	Potassium	114 mg
	Sodium	92 mg

DIRECTIONS

Preheat oven to 350°F.

Add pecans to a baking sheet and place in pre-heated oven to bake for 15 minutes.

While pecans are baking, in a mixing bowl add softened cream cheese, onion powder, garlic powder, parsley, onions, and cranberries. Bring the mixture together, forming it into a ball as best you can. You can use your hands for this as needed; the mixture is slightly sticky.

Once pecans are done baking, let cool and chop pecans into small pieces.

Place pecans on a large plate. Roll the cheeseball in the pecans until outside is evenly coated.

Wrap the cheeseball tightly with plastic wrap and store in the fridge for at least 2 hours until ready to serve.

Serve with unsalted crackers.

Enjoy!

The recipes contained here are for educational purposes to promote a healthy diet. They are not intended to be a substitute for medical advice from a medical provider. Nutritional information has been calculated using Cronometer; Somatus has not independently confirmed its accuracy. Depending on your health condition, specific nutrients in your diet should be limited. If you are unsure which nutrients to limit, speak with your Somatus dietitian or a medical provider.