

# Black Sesame Monterey Jack Cheese Crisps

This snack is a great item for the bar.



## INGREDIENTS

(Makes 4 Servings)

U.S. Monterey Jack, shredded	250g
Black Sesame seeds	15g

## NUTRITIONAL CONTENT

Per 100g

Calories	384kcal
<b>Total Fat</b>	31g
Saturated Fat	18g
Trans Fat	0g
Cholesterol	84mg
<b>Total Carbohydrates</b>	2g
Dietary Fiber	1g
Sugars	0g
<b>Protein</b>	24g
Calcium	759mg
Magnesium	45mg
Phosphorus	454mg
Potassium	103mg
Sodium	506mg
Iron	2mg
Vitamin A	726IU
Vitamin C	0mg

## PREPARATION

1. **Line a baking pan with parchment paper.**
2. **Spread the shredded Monterey Jack cheese into 3 cm circles, leaving room for them to expand during cooking.**
3. **Top with black sesame seeds.**
4. **Bake at 250°C (480°F) until light brown, about 5-7 minutes.**
5. **Take out of oven and shape the edges before they are firm.**
6. **Let them cool and serve.**

Rely on the dynamic lineup of U.S. dairy products to meet consumer demand for tasty and nutritious foods. The U.S. Dairy Export Council (USDEC) offers resources on ThinkUSAdairy.org, including a dairy ingredient supplier search, consumer, nutrition and product research, technical insights and recipe ideas to help develop your next successful menu item.

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