

## Sesame-Miso Spread

This simple and tasty spread goes well on bread or toast, rice cakes, crackers or chapatis.

Mix all ingredients well in a small saucepan or skillet and bring slowly to a simmer over medium-low heat, stirring constantly. Gently simmer for 1 to 2 minutes while stirring constantly, then remove from heat. If too thick, stir in more water, a teaspoon at a time.

### **Preparation List:**

#### **Makes 1/2 cup**

- 4 tablespoons tahini
- 4 tablespoons water
- 1 level tablespoon brown rice or barley miso
- 1 rounded tablespoon minced onion, scallion, or chives (optional)
- 1/4 teaspoon dried basil or 1 teaspoon fresh chopped basil (optional)