



THE TENT

Congregation Beth Jacob's Monthly Newsletter
November, 2022



CBJ Calendar of Upcoming Events:

October 28, 7:00 pm: Friday Evening Shabbat Service (in person and by Zoom)
Join us as we celebrate Shabbark Shalom, honoring the animals in our lives that increase our joy and provide companionship, love, and even a way to become healthier by walking more. If you are attending by Zoom, please feel free to have your pet nearby. If you are attending in person, please bring photographs of your pet. (It's perfectly fine to bring stuffed animals into our sanctuary!)

November 4, 7:00 pm: Friday Evening Shabbat Service

November 11, 7:00 pm: Friday Evening Shabbat Service

November 18, 7:00 pm: Friday Evening Shabbat Service

November 24: Thanksgiving!

November 25, 7:00 pm: Friday Evening Shabbat Service

See the "CBJ Weekly Update" for details and links to join these meetings.

[To see the complete CBJ Calendar on our website, click here.](#)



Limud Torah/Torah Study Group

with Rabbi Emeritus Lawrence Silverman

Most Monday mornings, from 8:30-9:45 am

To join the Zoom Meeting, click on the link below:

<https://us02web.zoom.us/j/2947234661?pwd=RVFTQmFFYXBVWHRJQ3RkeDhjTVptZz09>

Meeting ID: 294 723 4661, Passcode: 720299

If you have questions about when this class will be meeting, please contact Rabbi Silverman at rabbilawrence@gmail.com.

Did You Ever See Anything Like This?



On Sunday evening, October 16th, we started the celebration of Simchat Torah ("Rejoicing the Torah"), when the yearly cycle of reading the Torah is completed and the next cycle begins. Together we unscrolled the entire Torah, with each participant holding a portion of the parchment to ensure that it never touched the ground, and Rabbi Mills pointed out where each of the Five Books of Moses begin, as well as the Ten Commandments. She then read the prayer that connects the end and beginning of the Torah, physically running from the end to the beginning to keep the tradition of reciting it in one breath. None of us had ever seen, let alone participated in, this observance before, and we all came away feeling a deeper connection to our Torah and to our faith. [Click here to see photos](#) (courtesy of Kate Engel.)



HINENI (Here I Am)

Rides to medical appointments are available once again to congregants who need them through our Hineni Project. Please contact our Hineni Coordinator, Ed Sore, to make the necessary arrangements. Email: esoreproducts@gmail.com or call him at 774-338-5209



MEMBERSHIP NEWS

CBJ is Growing!

Please Welcome Our Newest Members:

Benjamin Cantor-Stone
111 South Street, Kingston, MA 02364

Benjamin previously was a member of Temple Emanu El in Houston, Texas for 25 years. He is a Project Management Associate specializing in the field of Cultural Heritage and Non-profits. Ben's skills include visual arts, computers, project management, cooking, historical research, historic building management, and archaeology, as well as mentoring and tutoring. He is interested in Adult Education, Brotherhood, Building & Grounds, Newsletter & Publications and documentation, as well as computer support, including records, spreadsheets, and databases. Welcome, Ben!

Ronald & Cherilynn Elowitz
35 Deer Run, Watchung, New Jersey 07069

Ron and Cheril have become Associate Members of CBJ. Over the past 25 years, Ron has been attending our Friday night Shabbat services when he visits Plymouth, most recently for our Shabbat Shuvah service before Yom Kippur. Ron is a Business Innovation Strategy Director specializing in product and brand development and workforce-related organizational capability building; Cheril is the Director of Marketing & Business Development. She is a Culinary Institute Arts trained chef with a specialty in food service, flavor and ingredients product design and development efforts for various companies. Ron and Cheril hope to relocate to the Plymouth area and want to affiliate with CBJ in advance of their move. Ron and Cheril have already offered to sponsor 3 Onegs over the coming year. (How wonderful is that!)

If you would like to learn more about CBJ and are interested in becoming part of our Jewish community, please contact our Membership Chair, Barbara Aharoni, at ahabubs@gmail.com. [Click here for a link to CBJ's Application Form.](#)

Volunteers Are Needed!



As we all know, "It takes a village" to make an organization successful. There are many opportunities for congregants to lend their talents to the work that it takes to keep our congregation running smoothly. Sisterhood and Brotherhood are still looking for members who are willing to assume leadership positions for the coming year. (Or should CBJ consider combining Sisterhood and Brotherhood into a gender-inclusive adult social group? Let us know your feelings about this possibility!) Please contact our co-Presidents, Ronnie Hirschhorn and Fred Sarke, if you are able to help. president@cbjplymouth.org



Please Volunteer to Sponsor an Oneg!

Thank You to Barbara Aharoni, who has graciously volunteered to serve as CBJ's Oneg Chair for the coming year. This is one more of the many ways that Barbara has served our congregation over time, and we are grateful for her dedication in helping to sustain our Jewish community, as well as the greater Plymouth area at large.

If you would like to honor a special occasion (birthday, anniversary, etc.) in a very special way, please consider sponsoring an Oneg. A beautiful, welcoming Oneg table of challah, fruit, baked goods, or even ice cream sundaes is a sign of our warm hospitality to our congregants, guests, and prospective members. Please contact Barbara at ahabubs@gmail.com to reserve a date! Thank you!



Congregation Beth Jacob is grateful for all donations that are received. The following donations were received in the past month:

Yahrzeit/General Fund:

Meredith Glansberg - in memory of her father, Ken Glansberg
Allan & Judith Sherman - in memory of Judith's mother, Sylvia
Joe & Paula Keller & the Campanella Family - in memory of Paula's father, Manny Arons
Fred & Irene Sarke - in memory of Irene's father, Louis Lipetz
Deborah Cohen - in memory of her mother, Rose
Sherman Geller - in memory of his father, Milton Geller
Phyllis Klasky - in memory of her mother, Gertude Klasky
Jeff & Francine Shelly - in memory of Franny's father, Philip Liss
Donald, Carol, & Denise Gilbert - in memory of Don's father, George Gilbert
Michael & Sandra Schwartz - in memory of Michael's mother, Dorothy Schwartz

General Fund:

Karolin Losert - in celebration of Arnold Gladstein's 95th birthday
Ronald & Doris Pike - in honor of Arnold Gladstein's 95th birthday
Lorraine Guidone - in honor of Arnold Gladstein's 95th birthday
Alan Shapiro - in honor of Arnold Gladstein's 95th birthday
Allan & Judith Sherman - in appreciation of Cindy & Seth Teles
Elliott Berger - L'Shana Tovah donation

Estelle Pokross Sherman & Hyman Sherman Fund for the Preservation of Beth Jacob Synagogue:

Donald, Carol & Denise Gilbert - in honor of Arnold Gladstein's 95th birthday

Rabbi's Discretionary Fund:

Allan & Judith Sherman - in appreciation to Rabbi Mills and Linda Myer for CBJ's beautiful High Holy Days services

Prayer Book Fund



A Way to Make a Meaningful and Lasting Contribution

You may honor a special occasion or make a lasting contribution in memory of a loved one by donating a copy of Mishkan T'filah, our Shabbat and Festival Prayer Book. The price for each book is \$42.00. Bookplates with the acknowledgment of the dedication will be placed inside the front cover of each donated prayer book. For additional information, please contact Rabbi Mills. cbjplymouthrabbi@gmail.com.

If you wish to contribute, please send your check, payable to Congregation Beth Jacob, with "Prayer Book Donation" to:

Congregation Beth Jacob
P.O. Box 3284
Plymouth, MA 02361

THE CBJ GIFT CARD PROGRAM



Why You Should Support the Gift Card Program

CBJ's Gift Card Program continues to be one of the few ways that our synagogue can raise funds at this time. You can help CBJ by purchasing our Gift Cards and using them at supermarkets, pharmacies, gas stations, restaurants and national retailers that you already patronize. These businesses donate a certain percentage of the cards' purchase price to CBJ, anywhere from 5-18%, which greatly benefits our temple and does not cost you anything. Who does not shop at Stop & Shop, Shaws, or Big Y? Who does not purchase prescriptions, toiletries and over the counter medications from CVS or Walgreens? Do you go to Panera, Dunkin' Donuts, Starbucks, Ninety Nine, Texas Roadhouse? Do you shop online on Amazon or in-store at Macy's? The list is long. Please contact our Gift Card Coordinator, Ed Sore, at 774-338-5209 or by email at esoreproducts@gmail.com to tell him what you need. You can either send your payment to him by mail or attach it to your door for him to pick up when he delivers your gift cards. Ed plans to be at CBJ on Sunday mornings when Beit Sefer is in session.

Checks can be made out to Congregation Beth Jacob and mailed to:
Ed Sore, 63 Seacliff Drive, Plymouth, MA 02360.

What Cards Do We Carry?

Supermarkets - Stop and Shop, Shaws, The Market at Pinehills, Big Y. **(By the way, Rabbi Mills has reported that the Big Y, which is owned by a Jewish family, carries a good supply of Jewish foods and other items, such as Shabbat candles. It's good to know!)**

Gas Stations- Speedway, Exxon, Mobil,

Pharmacies: CVS, Walgreens and Rite Aid **(You can pay for prescriptions using CBJ gift cards!)**

Restaurants: Dunkin Donuts, Panera, Texas Roadhouse, Bertuccis, Chilis, 99 and many more.
Department Stores- Walmart, TJ MAXX, Marshalls, Macys, Home Goods, Dicks Sporting Goods, Kohl's, Bed Bath and Beyond, Michaels, Amazon, plus 400 additional retailers.

[Check out this link to get a partial listing.](#)

Rabbi Mills is Leading a Tour to Israel
February 26 - March 9, 2023
with optional extension to Eilat and Petra from March 9-12
It's Not Too Late to Find Out More and Sign Up!



Are you ready to start traveling again? Now is the perfect time to take the trip to Israel that you may have been considering! Israel is a must-visit destination for those connected to Judaism of any age. Whether a first visit, or a return visit, there is so much to see and do, and for Jews, it is truly a unique feeling and unlike traveling anywhere else.

Rabbi Mills will be leading a trip to the Jewish homeland, leaving from February 26th through March 9th, with an optional extension to visit Eilat and Petra from March 9th through March 12th. Four additional congregations from Plymouth's Interfaith Council will be joining us on this tour. This will truly be the trip of a lifetime!

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The Tour Package Includes:

- Hotels: Metropolitan Hotel, Tel Aviv; Nof Ginosar Hotel, Sea of Galilee; and Prima Kings, Jerusalem
- All Breakfasts, Friday night "Shabbat" Dinners, 4 Weekday dinners and lunches as per itinerary
- Touring with Rabbi Mills and one of Israel's Top Tour Guide educators in a WiFi enabled deluxe touring Motor Coach

A Few Tour Highlights:

- Tour of Old Jaffa – The ancient port city through which Jonah fled and Solomon brought the Cedars of Lebanon. Hear about Peter's vision in Jaffa and its impact on Jewish–Christian relations.
- Shehekhianu-Welcome ceremony on ancient Tel Jaffa overlooking Modern Tel Aviv.
- Visit the Palmach Museum in Ramat Aviv to learn about the elite underground organization which played a critical role in the founding of the State of Israel.
- Explore Capernaum where Jesus' Ministry in the Galilee began, including its ancient synagogue.
- Visit Mt. of the Beatitudes, where Jesus delivered the Sermon on the Mount.
- Walk in the lush Tel Dan Nature Reserve, one of the sources of the Jordan River,
- Take in Jerusalem's special atmosphere in Greeting the Sabbath at the Western Wall.
- Visit Bethlehem to visit the Church of the Nativity in Manger Square.
- Tour Mt. Zion to visit David's Tomb and the Cenacle (Last Supper room)
- Tour of the Jewish Quarter including the Cardo and Broad Wall and rooftop panoramic view of the Old City's Four Quarters, each with its distinct form.
- Cross the Judean Desert and ascend Masada by cable car, tour the ruins of Herod's palace.
- Tour of Yad Vashem – Israel's national Holocaust memorial and museum, including the Holocaust.
- Visit Yad Lakashish, a unique employment project helping elderly, where shopping is a mitzvah!
- Visit the Israel Museum to see the Dead Sea Scrolls and the Model of ancient Jerusalem

[To see the brochure with complete details about the itinerary and the cost, click here.](#)

Please let Rabbi Mills know, as soon as possible, if you would like more information.
cbplymouthrabbi@gmail.com or 440-263-5571.

CBJ Is In the News!
Reporting on "Reverse Tashlich" and the Activism of Congregation
Beth Jacob



After our service on the first day of Rosh Hashanah, the congregants of CBJ participated in our traditional Tashlich service at Town Brook, where we symbolically cast our sins into the water. Then, together with other local area religious churches and Reform temples, we participated in "Reverse Tashlich" - cleaning up our environment and attending a rally to protest the dumping of nuclear waste into Plymouth Bay. [To read the article that was featured in The Old Colony Memorial, click here.](#)

And CBJ Was In the News Again!
Read the Article About CBJ's Sukkot Celebration!

Read the Old Colony Memorial/Wicked Local Article About our Celebration of Sukkot and the Lunchtime Meeting of Plymouth's Interfaith Council in Our Sukkah! [Click here to read the article.](#)

Tikkun Olam
CBJ's High Holy Days Food Collection



After Simchat Torah, Ed and Sherri Sore delivered 61 pounds of food to the Plymouth Food Drive. Thank you to all of our congregants who contributed bags of groceries during CBJ's High Holy Days food drive!

Rabbi Mills' Message on the First Morning of Rosh Hashanah



The Need to Affiliate

There is a story about the rabbi who had developed quite a reputation for her sermons, so much so that everyone in the congregation came every single Shabbat so as not to miss a single one. However, there came a Shabbat, when a member was going to be out of town for a family Bar Mitzvah. Not wanting to miss the rabbi's sermon, the member decided he would hire someone to sit in the congregation and record the sermon. Then he could listen to it upon his return. Other congregants followed suit and decided to record the sermon as well so they could play golf instead of attending services. Because this occurred in the days before Zoom, in just a few week's time, there were 500 nonmembers sitting in the congregation recording the rabbi's sermon. The rabbi, however, got wise to this situation. The following Shabbat, she sent her secretary with a recording to play her pre-recorded sermon to the 500 non members who were dutifully waiting to record the message. Witnesses said this marked the first incidence of **ARTIFICIAL INSERMONATION**.

As we know, today there is no need to hire someone to attend services to record the sermon as we can just turn on our computer, log into Zoom, hit record even from across the world in New Zealand, and then hear the sermon or watch the service at a more convenient time and in the comfort of our sweatpants. We can even eat dinner or take a shower while attending services, but hopefully in these cases, you will remember to turn your video off. Today, in what I hope is finally the aftermath of Covid, many individuals and congregations are rethinking congregational structure and membership. More individuals seem content with a fee for service model, while Zoom only congregations have no need for building upkeep. There are many benefits to Zoom services, particularly for the homebound or elderly. Or for those who work long hours each week and do not have the strength to go out on a Friday night. However, despite the advantages, being on Zoom is not the same as being there in-person. You not only miss the delicious Oneg, but you also miss out on truly being part of a community.

Throughout history, Jewish survival faced challenges. This morning's Torah portion describes the test our patriarch Abraham faced. In fact, the reason the *Akidah*, the sacrifice of Isaac, is chosen for this day is that it teaches God tests our faith just as God tested Abraham. One interpretation, or modern *midrash* on this Torah portion, was written by a famous Jewish personality. Let's listen to what Woody Allan has to say about the Akidah:

"And Abraham awoke in the middle of the night and said to his only son, Isaac, "I have had a dream where the voice of the Lord sayeth that I must sacrifice my only son, so put your pants on."

And Isaac trembled and said, "So what did you say? I mean when He brought this whole thing up?"

"What am I going to say?" Abraham said. "I'm standing there at two A.M. I'm in my underwear with the Creator of the Universe. Should I argue?"

"Well, did he say why he wants me sacrificed?" Isaac asked his father.

But Abraham said, "The faithful do not question. Now let's go because I have a heavy day tomorrow."

And Sarah who heard Abraham's plan grew vexed and said, "How doth thou know it was the Lord and not, say, thy friend who loveth practical jokes, for the Lord hateth practical jokes and whosoever shall pull one shall be delivered into the hands of his enemies whether they pay the delivery charge or not."

And Abraham answered, "Because I know it was the Lord. It was a deep, resonant voice, well modulated, and nobody in the desert can get a rumble in it like that."

And Sarah said, "And thou art willing to carry out this senseless act?" But Abraham told her, "Frankly yes, for to question the Lord's word is one of the worst things a person can do, particularly with the economy in the state it's in."

And so he took Isaac to a certain place and prepared to sacrifice him but at the last minute the Lord stayed Abraham's hand and said, "How could thou doest such a thing?"

And Abraham said, "But thou said ---"

"Never mind what I said," the Lord spake. "Doth thou listen to every crazy idea that comes thy way?" And Abraham grew ashamed. "Er - not really ... no."

"I jokingly suggest thou sacrifice Isaac and thou immediately runs out to do it."

And Abraham fell to his knees, "See, I never know when you're kidding."

And the Lord thundered, "No sense of humor. I can't believe it."

"But doth this not prove I love thee, that I was willing to donate mine only son on thy whim?"

And the Lord said, "It proves that some men will follow any order no matter how asinine as long as it comes from a resonant, well-modulated voice."

And with that, the Lord bid Abraham get some rest and check with him tomorrow"

In Woody Allan's parody, both Isaac and Sarah question why Abraham is willing to listen to this crazy idea, and to both of them Abraham replies, "the faithful do not question God's word." Well, most of us today do question and we all make choices that impact our Judaism. The High Holy Day prayer book, Gates of Repentance, noted: "once we learned one truth, and it was cherished or disregarded, but it was one. Now we are told the world can be perceived by many truths, now in the reality we encounter, some find lessons that others deny... Now, we are told that there are many rights, that what is wrong may well be wrong for you but right for me." The world we live in today is very different from the world of Abraham. The Judaism we practice also differs substantially, not just from centuries ago, but also from more recent times.

Our reality is that most Jews in America have relegated their Judaism to the periphery. The synagogue and the Jewish community are no longer central, but rather for many one aspect of our already too busy lives. Today, there is a large percentage of Jews who want a "fee for service" kind of Judaism. No synagogue dues, building funds, or even seeing the need for a synagogue. They find it easier and less expensive to "hire a rabbi" for their simcha. Zoom and livestreaming has only accelerated this process. For little or no money and no commitment required, one can get their Judaism fix without any long term commitment.

How might we be impacted? Our building is old and lacks access for the disabled, but will probably be preserved as a valued historic relic.. But who Congregation Beth Jacob is and what it stands for is not an ediface. What is the future of our congregation, our sacred community? The Jews have survived as a people and a religion because of our ability to adapt, to change. Historically. both in good times and in challenging times, Jews always supported the synagogue. Everyone understood that the congregation was the centerpiece to sustaining Jewish life, Jewish identity. Today, that very foundation is cracking.

The Jewish individual and the American Jewish family today are not the same as they were even a generation ago. Today, the memories of Jewish children may include a holiday dinner of matzah ball and brisket with one side of the family and a very different menu with the other side of the family. And while today's Jewish families may continue to grow larger at Seders, the additions may include members of blended families of many different configurations. The individual seeking a Jewish congregational experience today may be born Jewish, but they may have also chosen Judaism, or may not be Jewish but rather connected to our community because of his or her Jewish spouse. And their spouse or partner may be of the same sex as they are. Synagogues today need to be welcoming of any individual seeking comfort, support, and a home within our community. But it is not just the people seeking a spiritual home in the congregation who may look different, what draws them to Judaism, differs as well. As one Jewish educator stated: "People do not come to synagogue anymore to express being Jewish. That is what our grandparents did. Today they come to learn to be Jewish." Just as Judaism reshaped itself in previous generations, we must continue to adapt to meet the needs of today's Jewish community.

However, congregations cannot bear the responsibility of keeping Judaism relevant, engaging, and welcoming alone. The entire Jewish community, whether affiliated or not, whether active or not, whether it matters to you or not, share in that responsibility. We will not be there for those who may need us as Jews continue to choose not to affiliate, choose not to truly support the Jewish institutions in the community, and yet expect the rabbi and the congregation to be there for them in time of need. Whether your current needs are small or great, those who came before you supported institutional Judaism so it would be here for you. If the individuals of this Jewish community, both those who have spent their lives here as well as newcomers do not support this historic congregation, CBJ will not be here for those who come after you. Listing prior slights or times when your philosophies are at odds may be a handy excuse, but it does not excuse us as Jews of our responsibility to perpetuate Judaism for future generations.

There is no denying that you can hear these words on Zoom from the comfort of your home, and for those of you for whom this is the only way you are able to hear these words, I am so grateful that modern technology allows you to worship with us. But to those local Jews who choose not to worship at all, I wish I could find a way for you to hear just how crucial your support of this congregation is for the future of the Plymouth Jewish community. It would be such a tragedy for the building that has been our home for over a hundred years to endure long after organized Judaism ceases to exist in Plymouth.

However difficult or wonderful each passing year is for each of us, I hope being Jewish together whether via Zoom or in-person both comforts us in our mortality and nurtures our sense of belonging. Aveinu Malkeinu does not sound the same sung alone and it sounds its best when sung as part of an embracing, warm, welcoming community which is what Congregation Beth Jacob strives to be.. I, along with the leadership of this congregation, am working hard to make sure those who have chosen to no longer be part of our community, as well as those living locally who have never been part of our congregation understand how much the future of Judaism and of Congregation Beth Jacob rests with each of you. I sincerely hope to strengthen Congregation Beth Jacob so that in future years, you cannot imagine being anywhere else than with this congregation. I strive to make CBJ a place in which each of you will want to come worship here

for each other as much as for the divine. Shanah Tovah- Happy New Year. Please reach out to me about this sacred and scary concern. I believe personal contact really matters. I pray that this *kehillah kedoshah*, this holy community and each of us are inscribed for a healthy and happy New Year. Amen.



**The Following Yahrzeits Will be Observed This
Month:**

(A memorial candle should be lit on the preceding evening.)

November, 2022

2 Morton Arons	12 Bertha Goldberg
3 Ethel Shiff	13 Celia Bello
4 Frank Goldberg	13 Bernard T. Resnick
5 Manis Albert	14 Mildred Resnick Segal
5 Erika Blass	15 Esther Carlson
5 Edythe Shelly	15 Sadye R. Meltzer
6 Pearl Keil	16 Herman Roe
6 Max Sadow	17 Bernard Feinberg
7 Mark Lelyveld	17 George Gleason
7 Nettie B. Resnick	17 Eunice Dezorett Millstein
7 Amanda Russo	17 Israel Pokross
8 Meyer Baron	19 Edward F. Baler
8 David M. Goldstein	20 Danella "Penny" Baum
8 Phyllis E. Levenson	20 Sidney Shuman
9 Sylvia Rubinfain Cohen	21 Julius Meltzer
9 Ruth Broder Ennis	26 Joseph Cohen
9 Trude Weishaupt	26 Mildred Goldberg
10 Alfred Diamond	26 Minna Matross
10 Jorge Epstein	26 Louis Resnick
10 Dora Goodman	26 Rachel Yutan
10 Sally Jaffee	26 Edith Zavalcofsky
10 Miriam Ross Toabe	27 Helen R. Kramer
11 Charlotte Roe Gerber	28 Bessie Kramer
11 Elissa Teles	28 Kebe Toabe
12 Abraham Goldberg	29 Morris Russo

May their memories be for a blessing and live forever in the hearts of all who knew and loved them.

Recipe for Gourmet Sweet Potato Casserole (Perfect for Thanksgiving!)



Once you taste this, you won't ever go back to the marshmallow-topped variety!

Prep: 20 mins
Cook: 1 hr 5 mins
Total: 1 hr 25 mins
Servings: 8

Ingredients:

5 sweet potatoes
¼ teaspoon salt
¼ cup butter or margarine
2 eggs
1 teaspoon vanilla extract
½ teaspoon ground cinnamon
½ cup white sugar
2 tablespoons heavy cream (or almond milk)
¼ cup butter, softened
3 tablespoons all-purpose flour
¾ cup packed light brown sugar
½ cup chopped pecans

Directions:

Preheat the oven to 350 degrees F (175 degrees C). Lightly grease a 9x13 inch baking dish.

Bake sweet potatoes 35 minutes in the preheated oven, or until they begin to soften. Cool slightly, peel, and mash.

In a large bowl, mix the mashed sweet potatoes, salt, ¼ cup butter or margarine, eggs, vanilla extract, cinnamon, sugar, and heavy cream or almond milk. Transfer to the prepared baking dish.

In a medium bowl, combine ¼ cup butter, margarine, flour, brown sugar, and chopped pecans. Mix with a pastry blender or your fingers to the consistency of coarse meal. Sprinkle over the sweet potato mixture.

Bake for 30 minutes in the preheated oven, until the topping is crisp and lightly browned.

Nutrition Facts

Per Serving: 381 calories; protein 3.8g; carbohydrates 50.7g; fat 19.2g; cholesterol 82.1mg; sodium 201.1mg.