



## From the Kitchen of Executive Chef Jessica VanRoo

### Mushroom Lentil Paté Appetizer

Serves 6-8

*253 calories per serving*

**Description from Living Well UCI Health Blog: [www.ucihealth.org/blog](http://www.ucihealth.org/blog)**

This dish is the perfect starter to whet the appetite while delivering multiple health benefits. Mushrooms are a low-calorie source of fiber and they are rich in the antioxidant selenium, which protects cells from damage that can lead to chronic diseases.

Lentils are food gold. Their low cost makes them a very accessible form of high quality protein, not to mention fiber, iron and folate for people around the world. Their high fiber content can lower cholesterol and blood pressure as well as protect against heart disease. Plus they are extremely easy to cook.

Give this delicious vegan appetizer a try at your holiday parties!

Total cost:\$6.77/\$1.12 per serving



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#### Ingredients

- 2 tablespoons olive oil
- 1 tablespoon unsalted butter
- 2 French shallots or 1 small yellow onion, peeled and diced
- 1 tablespoon minced garlic, about 3 cloves
- 1 cup button or baby Bella mushrooms, sliced (about 3.5 ounces)
- 2 cups cooked lentils, preferably green (about 14 ounces)
- 1 cup toasted walnuts or pecans
- 2 tablespoons fresh squeezed lemon juice
- 1 tablespoon soy or tamari sauce
- 1 tablespoon fresh thyme, minced
- 2 tablespoons fresh sage or flat-leaf parsley, minced
- 1 teaspoon brown sugar
- Salt and pepper

#### Instructions

1. Heat pan or skillet over medium-high heat. Once hot, add olive oil and butter, reducing heat as needed to prevent butter from burning, and cook until butter melts.
2. Add garlic and diced shallots or onions, cook until onion or shallots turn translucent.
3. Add mushrooms. Cook until they release their moisture and turn brown.
4. Remove from heat and set aside.
5. Combine lentils, nuts, cooked mushrooms and onions with the remaining ingredients in a food processor and mix until smooth.
6. Taste, and adjust seasoning as needed.
7. Serve with crackers or bread.