

Compliments of LunchLadyFoods.com

LENTIL & WALNUT PATE (Vegetarian)

Serve a small bowl of Dijon mustard alongside the pate. People are always surprised at the remarkable likeness of this pate to liver pate. It's the perfect way to start a vegetarian dinner party!



- 2 cups cooked lentils** (any type other than red lentils)
- 1/2 cup olive oil
- 1 medium onion, diced
- 1 1/2 teaspoons salt, (or to taste)
- 4 garlic cloves, minced
- 1 1/2 teaspoons EACH dried basil, dried thyme & dried oregano
- 1/2 teaspoon white pepper
- 2 cups walnuts, toasted
- 2 tablespoons Dijon mustard
- 1/2 cup dry red wine
- 3 tablespoons grated parmesan (OMIT for a VEGAN version!)
- 1 1/2 teaspoons Tobasco

**For the Lentils:

Put 1 cup dry lentils in a small saucepan and add 3 cups water and 1/2 teaspoon salt, and bring to a boil. Lower heat and simmer until tender, (30 to 40 minutes). Measure out 2 cups of lentils and set aside.

Heat the oil and add onions, dried herbs and salt. Sauté until the onion is soft and translucent. Deglaze with the wine, and reduce until almost dry. Set aside to cool.

Place walnuts in food processor and process until well ground. Add everything else. Puree, scraping down the sides, until a smooth paste forms, 3-5 minutes. If needed, thin with the liquid from the lentils or some water or olive oil. Season with salt & pepper and and serve.