

MUSHROOM Pâté

Ingredients:

1 large onion, minced
2 garlic cloves, minced
4 Tbsp olive oil
4 cups mushrooms, sliced
½ cup ground walnuts or almonds
½ cup whole wheat bread crumbs
2 Tbsp soy sauce
2 Tbsp lemon juice
1 tsp ground flaxseeds
2 tsp dried thyme
1 tsp dried rosemary
Salt

Instructions:

- Sautee the mushrooms, onion and garlic in olive oil over med-low heat. Cook for about 10 minutes, or until tender.
- Mix all the remaining ingredients in a large bowl.
- Throw everything, including the mushroom mix, into the food processor. Blend until a puree forms.
- Serve with warm baguette or crackers.

Serves 4-6 people

Tip: use this dish as an appetizer, stuffing for dinner, or as a sauce for pasta. Add your favourite herbs, or spice it up for extra flavour.



FACT

Vitamin E is a fat-soluble vitamin that is found in vegetable oils, nuts, seeds and 100% whole wheat products. It plays a key preventive role in the body, including supporting the immune systems and protecting us from cell damage (which may increase the risk of cancer and heart disease).