

Vegan Walnut Lentil Pate

BY LISA DAWN ANGERAME

Here is a Passover dish that is simple to prepare. Serve as a hearty appetizer or use as side dish alongside the main course. Lentils are full of protein and the walnuts are full of Omega-3 fatty acids.

Ingredients:

2 large onions

enough olive oil to caramelize onions

1 cup of walnuts

1 cup brown lentils

Salt (or Bragg Liquid Aminos) and freshly ground pepper (if desired) to taste

Directions:

- Preheat the oven to 350° (I actually skip this step and use raw walnuts).
- Place the walnuts on a baking sheet and toast them for 5 to 7 minutes (see above).
- Place lentils in a pot with 2 cups of water. Bring to a boil, reduce heat and let simmer until the lentils are tender.
- Heat olive oil in a medium skillet and caramelize the onions. Take your time to do this, leave on medium heat and stir occasionally to bring out the sweetness of the onions.
- Combine the onions, lentils, and walnuts in the bowl of food processor. Add salt and pepper. Process until smooth, scraping down sides as needed. Taste and adjust seasoning.
- Store in refrigerator and bring to room temperature before serving.
- Serve with matzah and carrots for an appetizer or serve with your main course.