

Mushroom and Walnut Pâté

Reduced Fat



INGREDIENTS	CONTROL (g)	ENHANCED (g)
Mushrooms, chopped	300	300
Walnuts	125	125
Onion, chopped	115	115
Butter	30	24
Wine vinegar	11	11
Canola oil	10	10
Garlic cloves, crushed	10	10
Whole-Lyfe® 985 A	0	6
Parsley, dried	3	3
Salt	3	3
Pepper	2	2
Thyme, dried	1	1
Total	610	610

PREPARATION

1. Heat butter and oil.
2. Add onion and garlic; cook for 2 minutes.
3. Add vinegar; cook for 1 minute.
4. Add mushrooms, yeast, herbs, and spices; cook for 5 minutes. Let cool.
5. Blend walnuts in food processor until creamy.
6. Transfer mushroom mix to food processor; blend until uniform, leaving some mushroom pieces.

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