

Mushroom Pâté – Vegan

Prep Time: 25 minutes
Total Time: 25 minutes

Yield: 2 cups
Serving Size: 16
Calories per serving: 56
Fat per serving: 5 grams

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Ingredients

- 1 teaspoon extra-virgin olive oil plus 2 tablespoons, divided
- 1/4 cup minced shallots
- 1 pound cremini mushrooms (baby bella), coarsely chopped
- 2 tablespoons chopped fresh sage, plus more for garnish
- 1/4 teaspoon salt
- 1/4 teaspoon ground pepper
- 3 tablespoons dry sherry
- 1/2 cup walnuts, toasted
- 2 tablespoons nutritional yeast

Instructions

1. Heat 1 teaspoon oil in a large skillet over medium-high heat.
2. Add shallots and cook, stirring, until starting to lightly brown, about 30 seconds. Add mushrooms and cook, stirring frequently, until their liquid is almost evaporated, 4 to 5 minutes. Add sage, salt and pepper and cook, stirring, for 2 minutes more. Add sherry, scraping up any browned bits, and cook until the liquid evaporates, 2 to 3 minutes.
3. Transfer the mixture to a food processor. Add the remaining 2 tablespoons oil, walnuts and nutritional yeast and pulse until very finely chopped, about 30 seconds. Serve garnished with sage, if desired.

Notes

Nutrition facts (per serving – 2 tablespoons): Calories: 56, from fat: 20, total fat: 5g, cholesterol: 0mg, sodium: 39mg, total carbohydrate: 3g, fiber: 1g, sugar: 1g, protein: 2g.