

## Almond Mushroom Pate



Traditional pates are usually meat based, but here's an option for you that still creates a great starter loaded with protein and flavor.

Mushrooms add fiber, Vitamin B and the antioxidant selenium into the mix. This low calorie veggie is a great way to add bulk while reducing blood sugar spikes, dementia progression and your chance of cancers. Mushrooms are one of the best food sources of vitamin D, which is linked to heart health, good energy levels and improved mood.

Almonds blended with mushrooms and spices take this recipe on a savory journey. Almonds have healthy fats, fiber, protein, magnesium and vitamin E to help improve satiety for successful weight loss, reduce blood pressure and improve skin elasticity and health. Why not age gracefully with this fancy dish!



Yield: 8 to 12 serves

| Ingredients                                 |         | Links to Buy on Amazon           |
|---------------------------------------------|---------|----------------------------------|
| Butter                                      | 2 tbsp  |                                  |
| Onion, chopped                              | 1 sm    |                                  |
| Garlic clove, minced                        | 1       | <a href="#">Garlic</a>           |
| Mushrooms, (of choice) sliced               | 1 ½ cup |                                  |
| Tarragon (fresh)                            | 1 tsp   | <a href="#">Tarragon</a>         |
| Whole almonds, blanched                     | 1 cup   | <a href="#">Almonds</a>          |
| Lemon juice                                 | 1 tbsp  | <a href="#">Lemon Juice</a>      |
| Tamari                                      | 2 tsp   | <a href="#">Tamari</a>           |
| White pepper                                | 1 pinch |                                  |
| Cream cheese                                | 3 tbsp  |                                  |
| <b>Garnish Ingredients (optional)</b>       |         |                                  |
| slivered or finely chopped almonds          |         | <a href="#">Slivered almonds</a> |
| fresh parsley sprigs                        |         | <a href="#">Parsley</a>          |
| pimiento strips, or sweet red pepper strips |         |                                  |

Instructions:

1. Melt the butter in a skillet over medium to high heat.
2. Add onion, garlic, and mushrooms, saute until tender but not browned.
3. Add tarragon, stir until it is softened.
4. Pour mixture into a bowl of food processor. Add remaining ingredients then process until mixture is smooth.
5. Spoon into a serving bowl, cover and chill.
6. When ready to serve top with garnish of your choice.
7. Serve with water crackers, vegetable sticks, thick slices of crusty French bread, thin slices of whole wheat bread or unsalted whole wheat crackers.