

Janice Feuer-Haugen, chef, food blogger, culinary coach and teacher. Author of five cookbooks including *Fruit-Sweet & Sugar-Free* and *Chocolate Decadence*. She shares her recipes and tips for living everyday healthy, everyday delicious in cooking classes and in her blog: EverydayHealthyEverydayDelicious.com.



LENTIL WALNUT PÂTÉ

with Mushrooms, Parsley, Rosemary & Thyme

Naturally Delicious Recipes • Janice Feuer-Haugen

During these past few months of staying-at-home-and-cooking days, most of us have had the opportunity to experiment with recipes and discover new favorites. With its complex flavor, chunky-smooth texture, and straight-forward preparation, vegan *Lentil Walnut Pâté* is one of those recipes. Just as it has in our refrigerator, this pâté may soon replace the ubiquitous container of hummus in your refrigerator, too. Enjoy it enfolded in a lettuce leaf, or as a tasty, quick, and satisfying high-protein appetizer or snack. With the addition of a few sliced vegetables, that snack easily transforms into a light, nutrient-rich and healthy breakfast, lunch or dinner.

A PÂTÉ FOR MOST EVERYONE

Pâté (*pah-TAY*) can be creamy smooth, chunky, or molded. A pâté is usually a blend of seasoned, ground vegetables and poultry, seafood, or meat. Instead, *Lentil Walnut Pâté* is a richly flavored blend of lentils, toasted walnuts, cremini mushrooms, and fresh herbs. Its texture seems “meaty,” though it is vegan. The pâté can easily be made gluten-free with wheat-free tamari replacing the soy sauce. Thus, a pâté for most everyone!

LENTILS: NUTRITIONAL POWERHOUSES

- ♥ Have twice the protein of quinoa
- ♥ Contain a wide range of nutrients including: folate, copper, fiber, phosphorus, manganese, iron, protein, potassium, magnesium, zinc and B-vitamins
- ♥ Are naturally gluten-free
- ♥ Have 56% higher antioxidant capacity than the superfood blueberries
- ♥ Help stabilize blood-sugar levels
- ♥ Provide cardiovascular support
- ♥ Are Relatively quick-cooking, no soaking required

And, as an aside, lentils are the oldest, cultivated legume in the world, dating back to 8000 B.C. Plus, the state of Montana is the number-one lentil producer in the United States.



FRENCH GREEN LENTILS OR FRENCH DU PUY LENTILS (“LENTILLES DU PUY”)

If you enjoy cooking and learning about different foods, then this section is for you.

Perhaps, you’ve been as confused about French du Puy lentils as I have. Until a few months ago, I assumed I was buying French du Puy lentils in the bulk section of natural food markets. Now, I’ve learned that those were similar-looking French green lentils that, like du Puy lentils, also hold their shape well when cooked.

Authentic French du Puy lentils, are considered the “caviar of lentils.” They are grown in the volcanic soil of the central southern region of Auvergne. And they are considerably more expensive than the French green lentils in the bulk bins. You can find true French du Puy lentils both online and in some specialty food stores.

But, don’t let their lack of pedigree dissuade you from enjoying the bulk-bin, small, mottled, French green lentils. They are very tasty lentils that are especially excellent for salads. They are also delicious alone, or in combination with brown lentils, helping to provide a substantial, chunky-smooth foundation for *Lentil Walnut Pâté*. ♥

Recipe on next page...

Lentil Walnut Pâté with Mushrooms, Parsley, Rosemary & Thyme

Addictively flavorful, high-protein spread from French green and/or brown lentils, toasted walnuts, cremini mushrooms, and fresh herbs. With an abundance of fresh herbs available this time of year, consider both increasing their quantity, and including other herbs, such as fresh oregano, chives and/or basil as well.

*Makes about 2 cups
Total Time: 45 minutes*

INGREDIENTS

- 1 cup dry, rinsed French green and/or brown lentils
- 1 large clove garlic, peeled, halved
- ½ teaspoon sea salt
- 2½ cups water
- 1 cup walnut halves and pieces
- 4½ ounces cremini mushrooms, rinsed, dried, sliced ¼ inch thick (about 2 cups)
- 1 small onion, peeled, ½ -inch diced (about 2 cups)
- 1 large clove garlic, peeled, very thinly sliced
- 1 tablespoon olive oil
- 3–5 tablespoons chopped fresh parsley
- 2–4 teaspoons chopped fresh rosemary
- 2–3 teaspoons fresh thyme leaves
- 2 tablespoons fresh lemon juice
- 1 tablespoon tamari or soy sauce
- 1 teaspoon palm sugar (or brown sugar)
- ¼ teaspoon Aleppo pepper or other mild red pepper flakes
- ¾ teaspoon sea salt
- 10 twists freshly ground pepper



INSTRUCTIONS

- 1) Prepare the Lentils:** Bring 2½ cups of water to a boil in a small saucepan. Stir in the rinsed and drained lentils, the halved garlic clove, and ½ teaspoon salt. When the water returns to a boil, partially cover the pan and lower the heat to a simmer. Cook 35–40 minutes or until tender. Drain the lentils, saving the delicious liquid.
- 2) While the lentils cook, prepare the rest of the ingredients.** Heat the oven to 300 degrees. Bake the walnuts 10–12 minutes until lightly toasted. Set aside to cool.
- 3) Dice the onion, slice the garlic and the mushrooms.**
- 4) Heat the olive oil in a medium sauté pan over medium heat.** When hot, stir in the onion and garlic. Reduce the heat to medium low and cover the pan. Cook 7 minutes. Remove the lid. Raise the heat to medium. Stir in the sliced mushrooms. Cook about 7 minutes until the mushrooms glisten and are cooked through. Remove the pan from the heat.
- 5) Squeeze the fresh lemon juice.** Chop the parsley and rosemary leaves. Separate the thyme leaves from their stems.
- 6) Prepare the Pâté:** Place the onion mixture and lentils in the food processor along with 3 tablespoons of the lentil cooking water, fresh herbs, lemon juice, soy sauce, palm sugar, Aleppo pepper, salt and pepper. Process until very coarsely chopped. Add the toasted walnuts. Process until “chunky smooth,” adding more lentil liquid a tablespoon at a time for a softer pâté, as the pâté will thicken as it cools. Adjust the salt and freshly-ground pepper to taste.
- 7) Serve Lentil Walnut Pâté** warm, at room temperature, or chilled with an optional drizzle of your best extra-virgin olive oil. Accompany the pâté with your favorite pesto, sliced vegetables, lettuce leaves, crackers, or bread. Cornichons (*KOR-nee-shons*)—tiny, tart and mildly sweet pickles—are a classic pâté accompaniment. ■



“When you can feel that joy in nature, then you are truly forest-bathing.” —Dr. Qing Li

DISCOVER WONDER!

Celebrate International Day of Forest Bathing
with Janice Feuer-Haugen

- ♥ Awaken your senses ♥ Immerse yourself in nature
- ♥ Deepen your connection ♥ Increase well-being

Saturday, September 12 • 12:30–3 p.m.

at Bozeman’s Beautiful **BODHI FARMS** (Bodhi-Farms.com)

Questions? Email: Janice@EverydayHealthyEverydayDelicious.com

*Copyright © 2020
by Janice Feuer-Haugen*