

Mushroom-Nut Pâté

This is one of my favorite vegetarian dishes—rich, flavorful, and loaded with brain-boosting nutrients. Serve with steamed broccoli or Brussel sprouts on the side. You also have the option to serve with vegetarian mushroom gravy.

For a vegan/non-dairy option, substitute 6 ounces of firm organic tofu in place of eggs. Rinse and drain tofu and pat dry with a paper towel. Puree the tofu in a food processor, then combine as mentioned for the eggs. In place of dairy-based cheese, use grated soy cheese.

Prep Time: 30 minutes **Baking Time:** 30 minutes **Serves:** 4

Ingredients:

1 Tbsp avocado oil

1 medium sweet onion, diced

4 cups mushrooms, diced

2 medium carrots, diced

½ tsp sea salt

¼ tsp ground black pepper

1 tsp Italian herb seasoning

¼ cup parsley chopped

½ cup port wine

6 large, organic-fed, free-range whole eggs, beaten

1 cup finely chopped nuts (almonds, pecans, and/or hazelnuts)

1 cup grated organic Gruyere cheese

Directions:

Preheat oven to 400° F. Grease an 8 x 4-inch loaf pan with avocado oil, or line with parchment paper.

Heat a large sauté pan over medium-high heat. Add oil, then the onion, mushrooms, carrots, salt, pepper, and Italian herb seasoning. Stirring occasionally. Cook until mushrooms are soft and onion is translucent. Reduce heat to simmer, add parsley and port wine, stir, and simmer another 2-3 minutes, until the wine is mostly evaporated and a sauce forms. Set aside.

In a large bowl, combine the beaten eggs, nuts, and grated cheese, then combine with the mushroom and onion mixture. Pour the combined mixture into the prepared loaf pan. Bake for 30 minutes, until a toothpick inserted in the center comes out clean.

Enjoy,

Steven Masley, MD