

## Entertaining

### Mushroom Walnut Pate (6-8 servings)

Ingredients:

- 1 pound fresh mushrooms, minced
- 1 large onion, minced
- 1 cup walnuts, roasted and ground
- 2-3 tablespoons olive oil
- 2 pinches sea salt
- 1/2 cup spring water

Directions:

1. Heat oil and sauté onion until it begins to turn brown.
2. Add mushrooms and cook until soft
3. Add walnuts and salt - cook 2-3 minutes.
4. Add water only if needed - should be thick
5. Blend some of mixture if you want it creamier.  
Serve with crackers or crudité's- garnish serving plate with whole roasted walnuts.