



GREEN BEAN PATE

INGREDIENTS

- 1 1/2 cups Green beans, fresh or thawed frozen (*frozen is easier*)**
- 1/3 cup Walnuts, dry toasted, chopped**
- 2 tsps Olive oil**
- 1 cup Chopped onions**
- 1/4 cup Tofu, silken or regular**
- 1 Tbsp Soy sauce, reduced sodium**
- 1/8 tsp Black pepper**
- Pinch of nutmeg**

PREPARATION

If using fresh green beans, steam til tender, about 10 minutes. Frozen, thawed, rinse under water and drain. Transfer beans and toasted walnuts to food processor.

Cook the onions in oil until caramelized. This takes some watching: you want the heat high enough to cook them slowly, you do not want the onions over browned or burnt. Usually takes 15-20 minutes to do this correctly.

Transfer onions to food processor with beans, walnuts, tofu, soy sauce, pepper and nutmeg. Process until mixture is a smooth paste. Serve warm or chilled. Will keep in refrigerator for 5-7 days.

Serve with vegetables to dip, crackers, chips or use this as a spread on a wrap.