



## **LENTIL-WALNUT PATE**

2/3 cup dried green or red lentils- (red take less time)  
1 large bay leaf  
2 cups walnuts  
1 tbsp. olive oil  
3 cups diced onions  
1 tablespoon minced garlic  
1 tablespoon mirin  
1 table spoon Ume vinegar  
1 1/2 tablespoons barley Miso  
1 tablespoon dried basil

Preheat oven to 350 degrees.

Rinse lentils in strainer under cold running water.

Place lentils in a saucepan with bay leaf and enough water to cover by 2 inches.

Bring to boil and / lower heat.

Cover and simmer until the lentils are tender, about 30-40 minutes.

Meanwhile roast the walnuts on a cookie sheet until they turn a shade darker about 6-8 minutes. **DON'T LET THEM BURN**

Let walnuts cool.

Drain lentils and sauté onion and garlic in a skillet over a medium heat about 10-15 minutes.

Combine walnuts, lentil onions and remaining ingredients in a food processor until smooth.

Adjust to taste.

Spoon into a bowl and refrigerate.

This pate will keep for 3-5 days in a sealed container in the fridge