

# Walnut Pate

Culinary Medicine, Nutrition Services

Serves: 4, Serving size: 1/4 cup

Equipment: cutting board, knife, food processor, spoon or spatula

## Ingredients

1 cup walnuts, soaked and drained  
1 medium shallot, diced  
3 stalks celery, diced  
1/8 tsp cayenne or paprika  
1/8 tsp coriander, ground  
1 sprig fresh rosemary, picked (or 1/4 tsp dry)  
1 tbsp lemon juice  
1-2 tbsp water  
To taste, salt and black pepper

## Instructions

1. In a food processor, add walnuts, vegetables, herbs, and spices.
2. Pulse until the texture is crumbly.
3. Add lemon juice and pulse again. Add water slowly while pulsing until the pate reaches your desired consistency.
4. Serve on toasted baguette, crackers, or sliced vegetables.
5. Store in airtight container and use or freeze within 7 days.



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## Why We Like This Recipe

This hearty, savory spread has an amazing mouthfeel and is wonderfully satisfying. The food processor also does a lot of the work for you!

### Chef's Notes:

- For a richer taste, try toasting the walnuts on a baking sheet in the oven or a pan on the stovetop before adding them to the pate. Be careful that you are using English walnuts and not black walnuts in this recipe!

### Nutrition Notes:

- Walnuts are the only nut that contain a significant amount of omega-3 fatty acids, 1 ounce of walnuts provides over 2.5 grams of alpha-linolenic acid—great for heart and brain health!

### Gardener's Notes:

- Walnut trees can be tricky to have in your garden, as they release a chemical that inhibits growth of other plants nearby! The chemical juglone concentrates in the roots and will cause many vegetables to wilt and die. Beans, corn, and onions are more tolerant to it and can grow near walnut trees.



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