



Makes 3 cups
Preparation Time: 15 minutes
Cook Time: 1 hours 45 minutes

INGREDIENTS:

1 cup chopped shallots
½ cup green or brown lentils
½ oz. dried porcini mushrooms,
broken into pieces (½ cup)
¼ cup finely chopped carrot
1 clove garlic, minced
2 teaspoons balsamic vinegar
1 bay leaf
¼ teaspoon freshly ground black
pepper

Porcini-Lentil Vegan Pâté

When you're ready to wow a crowd with a plant-based party appetizer, this vegan pâté is sure to do the trick. The key to its savory flavor lies in the porcini **mushrooms**, which have a rich, earthy flavor that needs little embellishment (not even added salt!). Look for dried porcinis online and in well-stocked supermarkets. Lentils, meanwhile, give the healthy pâté a meaty mouthfeel and spreadable texture, while **shallots** add tangy sweetness to complement the savory shrooms. Perfect for spreading on crackers or slices of a whole wheat baguette, this killer spread will soon become a staple of your vegan charcuterie boards.

For more party-worthy fare, check out these healthy vegan appetizers:

- [Butternut Vegan Cheddar Cheese with Chives](#)
- [Walnut Biscuit Stacked Fruit Appetizers](#)
- [Ratatouille Bruschetta](#)
- [Vegan Cheesy Crackers](#)

By Mary Margaret Chappell

- 1 In a medium saucepan combine the first seven ingredients (through bay leaf) and 3 cups water. Bring to boiling; reduce heat. Cover; simmer 45 minutes or until lentils are soft.
- 2 Drain lentil mixture, reserving the liquid; remove bay leaf. Place lentil mixture and pepper in a food processor; pulse until chopped. If needed, add reserved cooking liquid, 1 to 2 tablespoons at a time, as needed for a smooth, spreadable consistency. Chill at least 2 hours before serving.