



Mock Chopped Liver



Serving
4-6



Prep
10 Minutes



Contributer
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- 1 Can of lentils, drained (540 mL)
- 1 Medium onion, sautéed until golden
- 4 tbsp Chopped walnuts
- Dash Salt, pepper, garlic powder
- 1½ Hard boiled eggs
- Chopped parsley

1. In a food processor, mix all ingredients until smooth.
2. Add chopped parsley for garnish and serve.

Optional fried onion topping:

Fry 1 sliced onion in canola oil.

Drain and let cool.

Place on cookie sheet and bake at 350° F until well done.

Keep watching to prevent burning.

DIETITIAN'S MESSAGE

A low fat and high fiber version of chopped liver. A quick and easy recipe to prepare! Feel free to serve with multi grain crackers.



Scan the QR code to view and download the **The Brain Health Food Guide** – an eating tool that includes a variety of healthy foods that supply your brain with the nutrients it needs to function best and will help lower the risk of dementia.

CCNA
Canadian Consortium
on Neurodegeneration
in Aging



CCNV
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neurodégénérescence
associée au vieillissement