

Mock Chopped Liver







- 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

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.

- 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.

