

VEGETABLE PATE

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Yield: 8 - 10 Servings

Portion: 4 oz.

Pan Size: 1 Loaf Pan

Temperature: 375°F

QUANTITY

INGREDIENTS

2 cups	Peas
1/2 lb.	Spinach
1 egg	Egg
1 1/2 tsp.	Sugar
1/4 tsp.	Salt
1/8 tsp.	Nutmeg
1/4 tsp.	Chervil
1 lb.	Carrots
4 tbsp.	Butter
3/4 tsp.	Salt
1/8 tsp.	Nutmeg
1 egg	Egg
2 tbsp.	Flour

DIRECTIONS

1. Cook vegetables and drain. Puree in a food processor.
2. Gradually add egg and seasonings to vegetables and mix well. Set aside.
3. Cook carrots and drain. Puree in a food processor and add melted butter and seasonings.
4. Gradually add egg and flour. Mixing well.
5. Line a greased loaf pan with parchment paper and grease again.
6. Place the peas and spinach mixture in the pan first. Spoon the carrot mixture on top.
7. Bake the pate in a water bath. Cover top of pan with buttered wax paper or foil.
8. Bake in oven at 375° for 1 1/2 hours.
9. Run knife around edge of pan to unmold.

Nutritional Content Per Serving:

Calories	133
Protein	5 gm
Fat	7 gm
Carbohydrate	12 gm
Sodium	430 mg

Notes:

May be served hot or cold.

This vegetable pate presents a beautiful combination of color and texture.

It freezes well.

Any vegetables may be used. Be sure to weigh vegetables before cooking, and drain vegetables very well before pureeing.