Walnut Feta Pâté

From my friend Sue (adapted from The Moosewood Cookbook)



Servings: 8

1 cup walnuts, toasted, chopped
1/2 cup feta cheese
1/2 cup water, or milk, if preferred
1 tablespoon paprika
1/4 teaspoon cayenne
1 teaspoon olive oil
1/4 cup fresh parsley

1. Combine all ingredients in food processor and puree until smooth.
2. Pour into a small ramekin and chill. Serve with crackers, fresh veggies or toasted baguette slices. Garnish with a few walnut halves and some finely minced parsley, if desired.

From someone else's blog, I found this original ingredient list: 1 c. walnuts, handful of flat-leaf parsley, 1 c. crumbled feta, 1/2 c. milk, 1 t. paprika, 2 cloves garlic, pinch of cayenne pepper, pinch of oregano, drizzle of olive oil. The ingredients vary somewhat from Sue's version. Sue uses less feta in proportion, water instead of milk and she doesn't have oregano or garlic in hers. You could use a combination of any of the ingredients and I think it would be delicious. If you're really in a hurry, don't toast the nuts - that will save some time.

Per Serving (excluding unknown items): 128 Calories; 12g Fat (75.9% calories from fat); 5g Protein; 3g Carbohydrate; 1g Dietary Fiber; 8mg Cholesterol; 107mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 2 Fat.