



Region: Rockies/Southwest

Reader Favorite:

Cashew-Mushroom Pâté

Lovin' Spoonfuls, Tucson, Ariz.

Talk about great chemistry! Former chemist turned restaurateur Peg Raisglid blends mushrooms, cashews, and spices to make a savory spread that's at the top of the menu in her Tucson establishment. Asked why she switched from science to the stove, Raisglid responds, "My goal is to promote veganism, and what better way?" Clearly, her outreach is working. "I've never actually had meat pâté before, but this is so smooth and filling," marvels Chinle, Ariz., resident Tamara Metz, who got hooked on the restaurant while taking a class at the University of Arizona.



CASHEW-MUSHROOM PÂTÉ

Serves 12 • Vegan

A hint of peanut butter holds the pâté together and makes it more spreadable. Feel free to substitute your favorite nut butter.

1/2 cup cashews
1 1/2 Tbs. nonhydrogenated
vegan margarine
4 cups sliced mushrooms
1/4 cup coarsely chopped onion
1 clove garlic, minced (1 tsp.)
1 tsp. curry powder
1/4 tsp. garlic salt
1/8 tsp. ground cumin
2 tsp. cooking sherry
2 tsp. chunky peanut butter
Chopped fresh parsley, for garnish
Roasted red pepper strips,
for garnish
Sourdough toast points

1. Preheat oven to 350°F. Spread cashews on baking sheet, and toast 7 to 10 minutes, or until pale brown, shaking pan occasionally.

2. Heat margarine in large skillet over medium heat. Add mushrooms, onion, garlic, curry powder, garlic salt, and cumin, and sauté 10 to 12 minutes, or until mushrooms are browned and most of liquid has evaporated. Add sherry, and cook 1 to 2 minutes more, or until alcohol has evaporated.

Transfer to blender or food processor, and add cashews and peanut butter.

3. Purée mixture in blender or food processor until relatively smooth. Transfer to bowl, and chill 2 hours, or overnight. Scoop pâté into center of plate or bowl, sprinkle with parsley, and decorate with red pepper strips. Surround with sourdough toast points, and serve.

PER SERVING: 56 CAL; 2 G PROT; 4.5 G TOTAL FAT (1 G SAT. FAT); 3 G CARB; 0 MG CHOL; 45 MG SOD; 1 G FIBER; 1 G SUGARS



READERS' CHOICE AWARDS