

Chickpea & Herb Roasted Onion Pate w/ Feta, Parsley & Lemon Sauce

Mix together and roast

- 2 x 14 oz tins Chickpeas, drained
- 1 cup Red Onions, diced
- 1 TBSP Olive oil
- 2 TSP Garlic, minced
- 1 TSP EACH White Pepper, Marjoram, Thyme, Sea Salt

In a separate bowl, use a hand held mixer to blend into a smooth sauce:

- 1 cup Feta, crumbled
- 1/4 -1/3 cup Lemon Juice
- 1/4 cup Parsley, minced
- freshly ground Black Pepper

Once roasted, cool and macerate with hand held mixer or food processor in food processor until smooth

Chill 30 minutes, then form into a ball

Roll ball into 1 cup Parsley, finely minced, OR 1 cup Walnuts, finely ground

Cover and refrigerate until ready to serve

Dress pate with sauce before serving

