

# Vegetable And Chickpea Pate

Adapted from "Loving it Vegan." Delicious on crackers, toast, as a dip or in a Buddha bowl.

## Categories

Gluten-free

Yields: 12 servings

Preparation time: 30 mins

Cooking time: 30 mins

Category: Dips and spreads

Complexity: Moderate

Vegan experience: Absolute beginner

Preparation style: Cooked



## Ingredients

Cashews, raw	0.33 cup
Butternut squash	1 cup
Red bell peppers, cooked	1 medium - 2 1/2" diameter x 2 3/4"
Portabella mushrooms, cooked from fresh	1 cup
Carrots, cooked from fresh	1 medium - 6" to 7" long
Olive oil	2 tablespoons
Salt, sea salt	0.5 teaspoon
Black pepper, ground	0.5 teaspoon
Paprika	0.5 teaspoon
Cayenne	0.25 teaspoon
Garlic, cooked	5 cloves
Garbanzo beans (chickpeas), canned, drained	425 grams
Tomatoes (sun-dried)	10 pieces
Lemon juice, fresh	2 tablespoons
Water	0.25 cup
Capers	1 tablespoon
Red chili flakes	0.5 x 0.25 tsp
Parsley, fresh	3 sprigs

## Instructions

Soak cashews in water for at least one hour. Soak 6-10 sundried tomatoes (not in oil) in water for at least 30 minutes.

1. Preheat oven to 375 F.
2. Add raw chopped carrot, portabella mushroom, squash, red pepper and peeled whole garlic in a bowl. Add olive oil, salt, pepper, paprika and cayenne and mix to combine.
3. Place veggies and garlic in a roasting pan or cookie sheet and bake for 35 minutes. Remove from the oven at half way point and gently flip veggies.
4. Add soaked cashews, soaked sundried tomatoes, roasted veggies, drained can of chickpeas, 2 tablespoons of olive oil, 2 - 4 tablespoons of water (start with 2 tbsp and add more as needed), lemon juice, capers and chili-flakes to a food processor and process until smooth. Scrape sides often and add more water if needed.

Serve pate with fresh parsley. Store in refrigerator for up to 5 days.