

Curried Cauliflower Pate

Carolyn T's
Main Cookbook

Servings: 8



Description: A dip, but fancified with a French title

1. Using a food processor, blend white kidney beans, cream cheese, sour cream, cooked cauliflower, curry powder, lime juice, Cheddar cheese, red onion, eggs, salt, black pepper and parsley. Puree until smooth. Taste for seasoning. Add more curry powder if desired, and/or salt and pepper.
2. Pour into small ramekins and chill until ready to serve. Garnish with fresh minced Italian parsley.
2. Serve with crudites, crackers and/or pita chips.

4 ounces canned cannellini beans, drained
4 ounces light cream cheese, room temp
3/4 cup sour cream, light
7 ounces cauliflower, cooked
1 cup grated cheddar cheese
1 small onion, cut in small chunks
2 large eggs, hard boiled
1 teaspoon salt, or more to taste
1 teaspoon black pepper, or more to taste
1 teaspoon curry powder (or up to 2 tsp. to taste)
2 teaspoons lime juice (juice from one lime)
1 teaspoon fresh parsley, minced
2 teaspoons fresh parsley, minced and whole, for garnish

Serving Ideas: This tastes best with crispy pita chips. Or celery sticks. A fairly neutral something to get it from plate to mouth since the flavorings in the dip are quite subtle.

Blog: Carolyn T's Blog:
<http://tastingspoons.com>

Per Serving (excluding unknown items): 140 Calories; 9g Fat (56.8% calories from fat); 8g Protein; 7g Carbohydrate; 2g Dietary Fiber; 78mg Cholesterol; 495mg Sodium. Exchanges: 0 Grain(Starch); 1 Lean Meat; 1/2 Vegetable; 0 Fruit; 1 Fat; 0 Other Carbohydrates.

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