

Spreads for Summer Celebrations by Chef Mary Pomerantz

Innergy

Almond Mushroom Spread

Allergens: Nuts

Ingredients

- 1 cup slivered almonds
- 2 tablespoons plant-based butter
- 1 medium onion, chopped
- 1-pound fresh Baby Bella mushrooms, sliced
- 2 garlic cloves
- ½ teaspoon salt
- ½ teaspoon dried thyme
- ⅛ teaspoon ground black pepper
- 1 tablespoon olive oil
- Chives, fresh or dried, for use as a garnish

Directions

1. Toast the almonds in an ungreased skillet over low heat until toasted, about 5 minutes. Stir frequently. Remove almonds to a bowl and set aside.
2. Melt butter over low heat in the same skillet. Add the onion and sauté for 5 minutes.
3. Stir in the mushrooms, garlic, salt, thyme, and black pepper. Cook over low heat, stirring frequently until liquid evaporates, about 7 to 8 minutes.
4. Reserve 3 tablespoons of the toasted almonds. Place the remaining almonds in a blender with the mushroom mixture.
5. Add the olive oil and process until puréed.
6. Place the pâté in a bowl and stir in the reserved almonds.
7. Store in a covered container in the refrigerator.
8. Serve this spread on crackers or bread.

Chickpea Artichoke Spread

Allergens: None

Ingredients

- 1 medium-sized yellow onion, chopped (about 1½ cups)
- 3 cloves garlic, sliced
- 1 (15-ounce) can chickpeas, drained and rinsed
- 2 tablespoons freshly squeezed lemon juice
- ⅓ cup eggless mayonnaise
- 1 cup marinated artichoke hearts, drained and finely chopped
- ½ teaspoon onion powder
- 1 cup celery, finely chopped (optional)
- Salt to taste
- Finely chopped parsley, for use as a garnish
- Paprika, for use as a garnish

Directions

1. On low heat, sauté the onion in the olive oil until soft.
2. Add the garlic slices and sauté until golden, about 2 minutes. Remove from heat and set aside.
3. Process the chickpeas with the lemon juice and mayonnaise in a food processor until smooth, scraping down the sides as needed.
4. Combine chickpea mixture with the remaining ingredients in a small bowl. Mix well.
5. Store in a tightly sealed container in the refrigerator.
6. Garnish before serving, if desired.

Pizza Cheez Spread

Allergens: Nuts

Ingredients

- ½ cup tomato sauce
- ¼ cup rice vinegar
- 4 cloves garlic
- 1 tablespoon dried Italian seasoning
- 1 tablespoon dried basil
- ½ teaspoon salt or to taste
- 1 ½ cups almond flour
- ¼ cup finely chopped scallions
- ¼ cup finely chopped red pepper
- ¼ cup chopped green or black olives
- 1 to 3 tablespoons chopped chili pepper (optional)
- Red chili pepper rings (optional)
- Red pepper flakes, for use as a garnish
- Chopped herbs of choice (like thyme, oregano, basil), for use as a garnish

Directions

1. Place the tomato sauce and vinegar in a high-speed blender.
2. Add the garlic, Italian seasoning, basil, salt, and almond flour. Blend on high until you have a smooth spread. It will be necessary to use the tamper. Scrape the sides down, if necessary. It takes about 5 minutes to get the right consistency.