

# Market District Demo Recipes

## Appetizer



THE OHIO STATE  
UNIVERSITY

WEXNER MEDICAL CENTER

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## Mushroom and Walnut Spread

Serves: 16

Modified from: [www.EatingWell.com](http://www.EatingWell.com)

**Items Needed:** cutting board, knife, measuring cups, measuring spoons, skillet, wooden spoon, food processor

### Ingredients:

- 1 teaspoon extra-virgin olive oil plus 2 Tablespoons, divided
- ¼ cup minced shallots
- 1 lb. cremini mushrooms (baby bella), coarsely chopped
- 2 Tablespoons chopped fresh sage, plus more for garnish
- ¼ teaspoon salt
- ¼ teaspoon ground pepper
- 3 Tablespoons dry sherry
- ½ cup walnuts
- 2 Tablespoons Parmesan cheese
- Baguette slices or whole wheat crackers for serving

### Directions:

1. Heat 1 teaspoon oil in a large skillet over medium-high heat. Add shallots and cook, stirring, until starting to lightly brown, about 30 seconds. Add mushrooms and cook, stirring frequently, until their liquid is almost evaporated, 4 to 5 minutes. Add sage, salt and pepper and cook, stirring, for 2 minutes more. Add sherry, scraping up and browned bits, and cook until the liquid evaporates, 2 to 3 minutes.
2. Transfer the mixture to a food processor. Add the remaining 2 Tablespoons oil, walnuts and Parmesan, and pulse until very finely chopped, about 30 seconds. Serve garnished with sage, if desired.

### Nutrition Information (per 2 Tablespoon serving):

Calories: 56 Fat: 5 g Carbs: 3 g Protein: 2 g Fiber: 1 g Sodium: 39 mg