Veggie Pate for Lavash Sandwiches (Roll Ups)

Kay Bushnell

This delectable pate contains pumpkin and sunflower seeds soaked for 6-12 hours. Spread the pate on a wheat tortilla or lavash flat bread, add some crunchy veggies, and roll up the bread. You can also mound the pate on a plate and serve it as a spread with crackers.

1 c. cup raw pumpkin seeds
1 c. cup raw sunflower seeds
1/2 med. red onion
2 T. tamari or soy sauce
1 t. dried basil or 1/3 c. chopped, fresh basil
1/4 t. ground black pepper
1-1/2 t. lemon juice
salt to taste (about 1+ tsp. but taste as you add)

Put pumpkin and sunflower seeds in a medium bowl and cover with water; soak for 6-12 hours. Drain, rinse thoroughly, and drain again, pressing out water with a large spoon. Put soaked seeds, red onion, tamari or soy sauce, chopped basil, black pepper, lemon juice, and salt in a food processor fitted with the metal blade. Process until pate is smooth. Stop the processor frequently and push down the pate that clings to the sides. Add salt, a little at a time, between the last few processings, until the pate tastes good to you. Pate keeps up to 3 days in a tight container in the refrigerator. It can be frozen.

Adapted by Kay Bushnell from recipes by Keffi’s Restaurant in Santa Cruz and from May All Be Fed by J. Patton and J. Robbins

How to Make Roll Ups

You will be surprised how easy these are to make.

1 pkg. 6 individual lavash bread rectangles (about 9”x11”)
1 recipe Veggie Pate (above)
8-oz. container dairy-free cream cheese alternative such as Tofutti Better Than Cream Cheese, fluffed up with a fork
1 tomato, seeds squeezed out, sliced thinly (cut in half and squeeze out seeds)
1 large carrot, peeled and shredded
red onion, sliced very thinly

Lettuce or spinach leaves, whole, washed and patted dry with a paper towel

Set out the pate, dairy-free cream cheese alternative, lettuce leaves, tomato slices, shredded carrot, and red onion slices. If the lavash rectangle is stiff, soften it for a few seconds in a warm skillet until pliable. Lay it on a cutting board so the edge nearest to you is the width of the rectangle. With a rubber spatula gently spread a thin layer of the cream cheese alternative over the entire lavash. Then spread a medium layer of pate over the cream cheese, stopping 3/4” from the top of the bread. Lay one layer of lettuce or spinach leaves near the edge closest to you across the bread, over the pate.

Place tomato slices on top of the lettuce; sprinkle some carrots next to the lettuce leaves and a few onion slices on top of carrots. Starting with the edge nearest to you, roll the bread tightly away from you, toward the far end of the rectangle. Enclose the roll-up in plastic wrap until ready to slice and serve. Cut the large roll into 1-5/8” pieces with a sharp knife, and set the sandwiches out on a platter. (You can rinse, dry, and re-use the plastic wrap.)

Copyright, Kay Bushnell