



*Simple,
Seasonal,
Sustainable*

Recipe of the Week

Super Bowl Party Liver Spread

Ingredients:

- 1 lb. beef liver (grass-fed is best)
- 3 medium-sized white onions, chopped
- 2 tablespoons olive oil
- 3 hard-boiled eggs, shell removed
- Salt and pepper to taste

Directions:

1. Lightly season the raw liver with salt and pepper. Place on an oven-sized pan and broil for approx. 4-5 minutes per side.
2. On the stove-top, sauté two onions in the olive oil until clear.
3. Place the cooked liver and sautéed onions in a food processor along with the eggs and one raw onion.
4. Add salt and pepper to taste. Process until coarsely chopped, then chill.
5. Spread on rye toast squares or raw vegetables.

Serves 16

Nutrition: 100 calories, 5 g fat, 1 g saturated fat, 3 g carbohydrate, 9 g protein

Source: Food & Nutrition Magazine, Academy of Nutrition and Dietetics

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