

## **Chopped Liver**

### **Ingredients**

about 1 lb of fresh Chicken Livers  
2 med size onions  
about 4-6 tbsp sunflower oil  
about 2-4 tbsp low cal mayonnaise  
salt & pepper

### **Preparation**

Cook the chicken livers in water for about 20-25 min (after the first boil)  
Chop the onions finely  
Fry the onions in the oil until golden brown  
Remove the livers from the pot , cool slightly , then grade on the larger holes of the grader  
Add the onions with the oil , add salt & pepper to your taste.  
Mix well , then add the desired amount of mayonnaise , to achieve the individually preferred consistency.

I must admit , than more often than not , I omit the mayo completely , simply because I do not like it ,  
But when I prepare it for our guests , I do add mayo , since with the mayo the consistency is smoother.

This chopped liver can be served on a cracker , or , it makes a lovely sandwich topped with lettuce  
& tomato or any other way you wish to enjoy it.

By the way , for me this is a life long dish , I grew up on it , and it one of the few recipes that I make  
just like my Mom did.