

Lima Bean Hummus

Ingredients

- 3 cups lima beans, rinsed & drained
- 2 Tbsp of olive oil
- 1 $\frac{1}{2}$ Tbsp lime juice
- 1 clove garlic, minced
- 2 Tbsp chopped fresh mint

Directions

1. Cook lima beans in saucepan with 1/2 cup water for 6 minutes. Remove from heat, cover, and let stand for 5 minutes.
2. Rinse under cold water and drain.
3. Puree cooked lima beans along with olive oil, lime juice and mint in a food
4. processor until smooth. Pulse for 30 seconds to combine.

Handling & Storage

Store lima beans in the refrigerator in a tightly closed plastic bag. Lima beans can be frozen out of the pod and cooked without thawing.

If they are not already shucked, remove the lima beans from their pods before making the recipe.

Nutritional Information

Calories: 157

Total Fat: 7 g

Saturated Fat: 1.2 g

Cholesterol: 0 mg

Sodium: 27 mg

Total Carbohydrates: 18.0 g

Dietary Fiber: 6.0 g

Sugar: 1.0 g

Protein: 6.0 g

Serves 4