

Herbed Lima Bean Hummus

This appetizer recipe is low fat and healthy!

Prep Time	15 minutes
Cook Time	8 minutes
Total Time	23 minutes
Servings	16 servings (¼ cup each)
Calories	94kcal
Author	RecipeGirl.com (adapted from Gourmet)
Course	Appetizer
Cuisine	American
Keyword	hummus, lima bean



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INGREDIENTS

- Two 10-ounce packages frozen baby lima beans
- 1 large onion, chopped
- 5 medium garlic cloves, smashed with the side of a large knife
- 1 teaspoon salt
- 2 cups water
- ¼ cup chopped fresh cilantro
- ¼ cup chopped fresh flat-leaf parsley
- 1 teaspoon ground cumin
- ¼ teaspoon ground cayenne pepper (or to taste)
- 3 tablespoons freshly squeezed lemon juice (add more if desired)
- 5 tablespoons extra virgin olive oil, divided
- 2 tablespoons chopped fresh dill
- 2 tablespoons chopped fresh mint

Protein
11.6 gr. - 1 cup

INSTRUCTIONS

1. In a 3-quart saucepan, simmer the beans, onion, garlic, salt, and water,

covered, until the beans are tender- about 8 minutes. Stir in the cilantro and parsley and let it stand, uncovered, for 5 minutes.

2. Drain the bean mixture in a sieve and transfer to a food processor. Add the cumin, cayenne, 3 tablespoons of lemon juice, 4 tablespoons of oil, dill and mint; purée until smooth. Transfer to a bowl and cool to room temperature, stirring occasionally. Season with salt and pepper and add additional lemon juice to taste. Taste again, and add additional cumin or cayenne, if needed.
3. Mound the dip in a serving bowl and drizzle with the remaining tablespoon of oil. Serve with toasted pita wedges and/or fresh cut vegetables.

NOTES

- **Make ahead tip:** Prepare and cover. Dip will keep well in refrigerator for up to 3 days.
- Taste and add more spice or herbs, as desired.

NUTRITION

Serving 1serving | Calories: 94kcal | Carbohydrates: 11g | Protein: 3g | Fat 5g | Saturated Fat 1g | Polyunsaturated Fat: 1g | Monounsaturated Fat 3g | Sodium 170mg | Potassium 225mg | Fiber: 3g | Sugar: 1g | Vitamin A: 580IU | Vitamin C 9mg | Calcium 28mg | Iron 1mg

recipe found on: <https://www.recipegirl.com/herbed-lima-bean-hummus/>

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