

LIMA BEAN

Types

There are two basic types of lima beans, described by the plants they grow on.

Bush Type: These lima beans grow on lower-growing bushes. The beans are typically smaller and mature faster.

Pole Type: These lima beans grow on a climbing plant. The beans are typically larger and take a longer time to mature.

Selection Info

Fresh lima beans are usually sold in their pods, which should be dark green, plump, and firm.

Preparation

Lima beans are almost always cooked. If you buy dried beans, you will need to soak them first.

Before soaking beans, spread them on a flat surface and remove all debris, small stones, or damaged beans. Then, rinse the beans in a strainer under cool running water. There is a quick-soak and overnight-soak methods.

To Quick-Soak: Place the sorted, washed beans in a pot and add 2-3 cups of water per cup of beans. Bring the water and beans to a boil and keep it there for two minutes. Remove the pan from the heat, cover, and let stand for two hours. After

soaking, drain the water and rinse with cool running water.

To Overnight-Soak: Place the sorted, washed beans in a pot and add 2-3 cups of water per cup of beans. Cover, and place in the refrigerator overnight (about 8 hours). After soaking, drain the water and rinse with cool running water.

To Cook Canned Lima Beans: Pour the beans in a saucepan and heat them on medium for about 10 minutes. When fully heated, do not drain the water, add seasoning to taste.

To Cook Frozen Lima Beans: Place beans in a microwave safe dish, add 1/3 cup water for about 3 tablespoons of lima beans. Cover and cook on high for 8 minutes.

Storage

Short-Term Storage: Fresh lima beans are not generally available, but can sometimes be found at farmers markets or specialty grocery stores.

Fresh lima beans should be stored whole, in their pods, and in the refrigerator for two days. If frozen, they do not need to be thawed before cooking.

Long-Term Storage: Lima beans may be frozen, canned, or dried. Canned beans can be stored at room temperature as well. Use canned beans prior to their expiration date. Store dried lima beans in an airtight container in a cool, dry place where they will keep for up to 6 months.

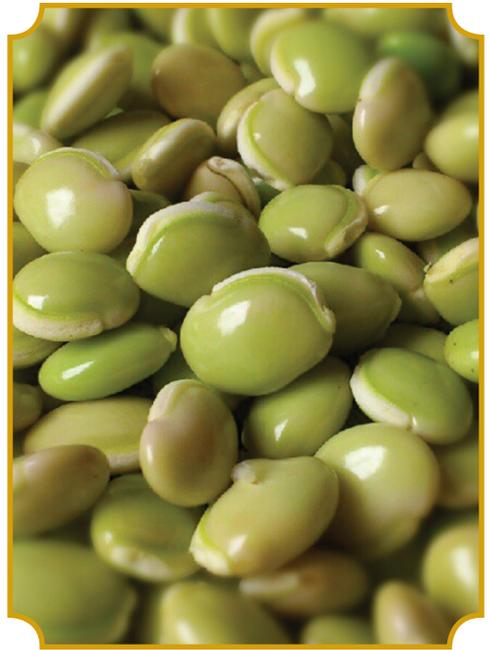


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MARINATED THREE-BEAN SALAD

Ingredients

- 1 1/2 cups (15-ounce can) lima beans (cooked and cooled)
- 1 cup (8-ounce can) green beans (cooked and cooled)
- 1 cup (8-ounce can) red kidney beans (cooked and cooled)
- 1 medium onion (thinly sliced and separated into rings)
- 1/2 cup green sweet pepper (chopped)
- 8 ounces fat-free Italian salad dressing



Directions

1. Cook lima beans, green beans, and kidney beans.
2. Allow all three to cool.
3. Peel and slice the onion, and then separate into rings.
4. Remove the stem from the sweet pepper, and chop into small, bite-size pieces.
5. In a large bowl, combine the lima beans, green beans, kidney beans, onion rings, and green sweet pepper.
6. Pour the Italian dressing over the vegetables and toss lightly.
7. Cover the bowl and marinate in the refrigerator for at least one hour. You can leave the salad in the refrigerator overnight.
8. Drain before serving.



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Nutrition Information

Serving Size 1 1/3 cup

Nutrients	Amount
Total Calories	170
Protein	7g
Carbohydrates	35g
Dietary Fiber	8g
Total Fat	0g
Saturated Fat	0g
Cholesterol	0mg
Sodium	690mg