

Taste Test: Lima Beans



The lima bean got its name from the large seed variety first grown in Lima, Peru. There are two types of lima beans: a small and large seed variety. The large seed type is also called *butter bean* because it is yellowish white. The small lima beans are generally green and often called *baby lima beans*. Lima beans are legumes, and they are easy to add to any salad, soup, casserole, or stew. Most are available canned, but sometimes they can be purchased fresh in the pod.

Food Fact

Lima beans, like many other legumes, are a good source of fibre. They contain both insoluble and soluble fibre. Soluble fibre helps manage blood sugars and cholesterol.

How to Choose:

- Lima beans are available in the bulk section at the supermarket

How to Prepare:

- Soak dried lima beans overnight before cooking.
- Make sure to replace soaking water for cooking.
- Do not add salt, tomatoes, or any acid (like lemon juice) before they are tender as this will lengthen the cooking time.

How to Store:

- Dried lima beans can be stored in an airtight container for up to a year.
- Keep them stored in a dry, cool place like the pantry.
- Canned lima beans can be kept for a long time.

Note:

Canada's food guide recommendations:

- Include vegetables and fruit in all meals and snacks.
- Aim for half your plate to be vegetables and fruit.

I Tried It!

My Rating (circle one):



Would you like to try lima beans again?

YES NO

Ideas for Serving Lima Beans:

- Add to any salad or soup.
- Blend and serve as a vegetable dip.
- Add them to any casserole.

Greek-Style Lima Beans

Makes 4 servings

Ingredients:

- 1 pack of frozen or canned baby lima beans
- 1 cup water
- 3 Tbsp extra virgin olive oil
- 2 Tbsp chopped fresh flat-leaf parsley
- 1 Tbsp minced garlic
- ½ tsp salt

Directions:

1. Cook lima beans, water, 2 tablespoons oil, 1 tablespoon parsley, garlic, and salt in a 2-quart heavy saucepan, tightly covered, over moderate heat, stirring occasionally, until beans are tender, 17 to 20 minutes.
2. Season with salt and pepper and transfer to a bowl.
3. Serve sprinkled with remaining tablespoon parsley and drizzled with remaining tablespoon oil.

Recipe adapted from

<https://www.epicurious.com/recipes/food/views/greek-style-lima-beans-108744>



Getting children involved in cooking at home makes them more likely to eat fruit and vegetables, and select healthy foods. For more information please contact APPLE Schools at info@appleschool.ca.

¹EaTracker.ca. Recipe Analyzer. http://www.eatracker.ca/recipe_analyzer.aspx Accessed July 19, 2012.

