

Kentucky Lima Beans



Season: June–September

Nutrition Facts: Lima beans are a good source of fiber, B vitamins, magnesium, potassium, and phytochemicals, including saponin and coumestrol. One-half cup cooked lima beans contains 108 calories, 7 grams protein, 6 grams fiber, 0 grams fat, and 19 grams carbohydrate.

Selection: Choose full, firm, green, crisp pods free from blemishes. Three pounds of unshelled beans will yield 4 half-cup servings.

Storage: Fresh lima beans can be stored in plastic bags in the refrigerator for up to a week. Beans should be shelled just before use.

Preparation: To shell the beans, use a paring knife to cut just under the inner seam along the length of the pod. Open the pod, remove the beans, and discard the pods.

Cook fresh lima beans in a saucepan with just enough water to cover the beans. Cook for 10 to 15 minutes or until tender. Onion and a small amount of minced garlic sautéed in olive oil may be added for extra flavoring.

To make succotash, cook the lima beans and add fresh or frozen corn; cook until tender.

Broccoli-Lima Bean Bake

2½ cups fresh lima beans

2½ cups fresh broccoli

1 package dry onion soup mix

8 ounces reduced-fat sour cream

1 can (10¾-ounce) cream of mushroom soup

1 can (4 ounces) sliced water chestnuts

3 cups crisp cereal (like Rice Krispies)

2 tablespoons margarine

Cook lima beans and broccoli in separate pans in ½ cup of water for 15 minutes over medium heat. Drain. Combine onion soup mix, sour cream, mushroom soup, and water chestnuts. Stir in limas and broccoli. Place in greased 9”-by-13” baking dish. Melt margarine and stir in cereal. Spread cereal mixture on top. Bake at 350°F for 30 minutes or until brown.

Yield: 15 (½-cup) servings.

Nutritional Analysis: 140 calories, 3 g fiber, 6 g fat, 5 g protein, 18 g carbohydrate, 7 mg cholesterol, 604 mg sodium.

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For more information, contact your county Extension agent for Family and Consumer Sciences or visit the Web site for Family and Consumer Sciences, College of Agriculture, University of Kentucky, at <www.ca.uky.edu/agcollege/fcs>.