



BUTTERY DELIGHT

lima bean

Lima beans are a good source of protein. When they are combined with a whole grain such as brown rice, they provide protein comparable to that of meat or dairy foods. Lima beans, like other legumes, are packed with fiber. Just one cup will meet about half of your daily fiber needs.

DID YOU KNOW?



- Lima beans are sometimes called “butter beans” because of their starchy, yet buttery texture.
- Because lima beans are packed with protein, B vitamins and iron, they are a particularly great choice for vegetarians.
- The baby lima beans have a creamier, more delicate taste than the larger, starchier lima beans.
- Succotash is a well-known Native American dish that combines lima beans with corn.

WELLNESS TIP

Consider speaking with a personal trainer to help guide you through a workout program that will help you reach your individual goals.

SHOPPING, PREPARING AND STORING



- Fresh lima beans should be stored whole, in their pods, in the refrigerator crisper where they can keep fresh for a few days. Frozen lima beans do not need to be thawed before being cooked.
- You can find lima beans fresh, dried, canned or frozen.

COOKING TIPS



- If cooking dried lima beans, avoid adding salt or acidic ingredients, such as vinegar, to the lima beans while they are cooking. The addition of salt or acid prevents the beans from absorbing water.
- Lima beans are an excellent addition to soups, vegetable medleys, meat dishes or served on their own as a side dish.

MARINATED THREE-BEAN SALAD

serves 4

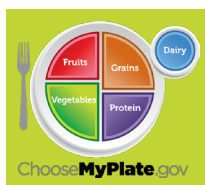


- 1 cup lima beans, cooked
- 1 cup green beans, cooked
- 1 cup red kidney beans, cooked
- 1 medium onion, thinly sliced
- 1/2 cup green bell pepper, chopped
- 1 cup fat-free Italian salad dressing

1. In a large bowl, combine the lima beans, green beans, kidney beans, onion and green bell pepper.
2. Pour the dressing over the vegetables and toss lightly.
3. Cover the bowl and marinate in the refrigerator for at least one hour. The salad can be left in the refrigerator overnight.
4. Drain before serving.

Recipe adapted from What's Cooking? USDA Mixing Bowl, United States Department of Agriculture

Calories: 170; Total Fat: 0 g; Saturated Fat: 0 g; Total Carbohydrates: 35 g; Protein: 7 g; Sodium: 590 mg



CHOOSE MYPLATE!

- Make at least half your plate fruits and vegetables.
- Switch to fat-free or low-fat (1%) dairy.
- Make at least half your grains whole grains.
- Go lean with protein.

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