

LIMA BEAN HUMMUS

Hands-on time: 20 minutes

Time to table: 60 minutes

Makes 2 1/2 cups

Salted water to cover

16 ounces frozen lima beans

4 garlic cloves (I used roasted garlic)

Zest of a lemon

Juice of 2 lemons

1/4 of a sweet Vidalia onion, roughly chopped

2 tablespoons fresh herbs (oregano or thyme)

1 tablespoon fresh mint

3-tablespoons olive oil Salt & pepper to taste

Season the lima beans with S &P and cook until really tender. Drain well. Place all the ingredients in a food processor and process until smooth. If it is not a creamy, smooth texture add a little olive oil at a time (or a little water until it is smooth & creamy)
Serve on crostini with goat cheese and fresh herbs.