

Lima Bean-Tahini Dip

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2 cups frozen baby lima beans
4 cups baby spinach
1/2 cup tahini
1/2 cup fresh cilantro
1/2 cup water
1/4 cup fresh dill
1/4 cup olive oil
1/4 cup lemon juice
1 teaspoon lemon zest
1 clove garlic, grated
salt
pepper
crumbled feta (for topping)
chopped dill (for topping)
crudites (for serving)

In a saucepan over medium-high heat, cook the lima beans in one cup of simmering water until softened, 8 minutes. Stir in the spinach until wilted.

Transfer the vegetables and liquid to a food processor. Add the tahini, cilantro, water, dill, olive oil, lemon juice, lemon zest and garlic. Season with salt and pepper. Puree, adding more water if needed.

Top with a drizzle of olive oil, crumbled feta and chopped dill.

Serve with crudites.

Per Serving (excluding unknown items): 1648 Calories; 120g Fat (62.7% calories from fat); 46g Protein; 115g Carbohydrate; 26g Dietary Fiber; 0mg Cholesterol; 319mg Sodium. Exchanges: 7 Grain(Starch); 3 1/2 Lean Meat; 0 Vegetable; 1/2 Fruit; 22 1/2 Fat.