

LIMA BEAN HUMMUS

A Wendy Kleckner Recipe

Chef Wendy Kleckner will teach Rabbi Yosef Levin her Lima Bean Hummus recipe from scratch! Join us for the LIVE cooking video along with the recipe below! Enjoy!

Makes 4 Cups

- 2 (10 oz.) packages frozen baby lima beans
- 5 garlic cloves
- 1 tsp. salt
- 2 cups water
- ½ cup fresh cilantro
- ½ cup fresh flat leaf parsley
- 1 tsp. ground cumin
- 3 Tbs. tahini
- 4 Tbs. fresh lemon juice
- 5 Tbs. extra-virgin olive oil

Can be served with toasted herbed pita crisps, sesame won ton crisps or your chip of choice.

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Simmer beans, garlic, salt and water in a 3-quart saucepan, covered, until beans are tender, about 8 minutes.

Stir in cilantro and parsley and let stand, uncovered, 5 minutes. Drain bean mixture in a sieve and transfer to a food processor.

Now add the cumin, 4 Tbs. lemon juice, 5 Tbs. olive oil, 3 Tbs. tahini and purée until smooth. You will most likely need to scrape down sides of the bowl a couple of times during the puréeing.

Taste and see if the mixture needs more salt or possibly pepper and maybe more lemon juice. Also you might want to add another tablespoon of tahini. Place in your serving dish and drizzle with a little olive oil. If made ahead of serving time, this spread can be covered and chilled for up to 3 days. Best served at room temperature.