



Makes 1½ cups
Preparation Time: 10 minutes
Cook Time: 20 minutes

INGREDIENTS:

1½ cups frozen baby lima beans
(8 oz.)

½ cup fresh basil

1 tablespoon + 1½ teaspoons
fresh lemon juice

1½ teaspoons tahini

1 small clove garlic

Sea salt and freshly ground
black pepper, to taste

Lima Bean Pesto Hummus

Lima beans stand in for chickpeas in this fresh, flavorful spread or dip. Frozen lima beans don't take long to cook, and they make a nice green base for this basil-infused hummus. Find [more flavorful homemade hummus recipes here](#).

By Darshana Thacker Wendel

- 1 In a medium saucepan combine lima beans and 1½ cups water. Bring to boiling; reduce heat. Simmer, uncovered, 20 to 25 minutes or until tender. Drain.
- 2 In a blender or food processor combine lima beans, basil, lemon juice, tahini, and garlic. Cover and blend until smooth. Season with salt and pepper; pulse to combine.
- 3 Transfer hummus to a bowl. Cover and chill until ready to serve.