

Herbed Lima Bean Hummus

This dip was inspired by a recipe for bissara, a garlicky purée from Egypt made from dried broad beans, in Claudia Roden's *Mediterranean Cookery*.

2 (10-oz) packages frozen	baby lima beans
1 large	onion, chopped
5 cloves	garlic, smashed with side of a large knife
1 t.	salt
1 t.	water
2 cups	chopped fresh cilantro
1/4 cup	chopped fresh flat-leaf parsley
1/4 cup	ground cumin
1 t.	cayenne, or to taste
1/4 t.	fresh lemon juice
3-4 T.	extra-virgin olive oil
5 T.	chopped fresh dill
2 T.	chopped fresh mint

Simmer beans, onion, 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. Add cumin, cayenne, 3 tablespoons lemon juice, 4 tablespoons oil, dill, and mint and purée until smooth. Transfer to a bowl and cool to room temperature, stirring occasionally. Season with salt and pepper and add lemon juice to taste.

Mound dip in a serving bowl and drizzle with remaining tablespoon oil.

Cooks' note:

- Dip keeps, covered and chilled, 3 days.

Makes about 4 cups

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Shopping List

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Ingredients	Wieght or Volume	PLU #
baby lima beans	2 (10-oz) packages frozen	_____
onion, chopped	1 large	_____
garlic, smashed with side of a large knife	5 cloves	_____
salt	1 t.	_____
water	2 cups	_____
chopped fresh cilantro	1/4 cup	_____
chopped fresh flat-leaf parsley	1/4 cup	_____
ground cumin	1 t.	_____
cayenne, or to taste	1/4 t.	_____
fresh lemon juice	3-4 T.	_____
extra-virgin olive oil	5 T.	_____
chopped fresh dill	2 T.	_____
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