

READER RECIPE: LIMA BEAN SUPREME

By Judy Singerman, Pompano Beach, Florida

Serves **6** (as a side dish) or **4** (as a meal).

INGREDIENTS:

- 1 1-lb pkg dried lima beans
- 1 small onion, chopped
- 2 tsp fresh garlic, minced
- 1 cup fresh parsley, chopped
- 1 28-oz can diced tomatoes with herbs
- 1 small can tomato paste

INSTRUCTIONS:

1. Soak beans in water overnight.
2. Preheat oven to 350°F.
3. Boil beans until soft, about 5 minutes (should be able to pierce with a fork.)
4. Once beans are boiled, mix them with remaining ingredients in a 9 x 12-inch Pyrex dish. If mixture seems dry, add 1 cup water.
5. Cover and bake for 1 hour, adding water if necessary as you bake.

NUTRIENTS per 1-cup serving:

CALORIES: 110
TOTAL FAT: 0 g
CARBS: 22 g
PROTEIN: 6 g
SUGARS: 8 g

FIBER: 6 g
SAT. FAT: 0 g
SODIUM: 590 mg
CHOLESTEROL: 0 mg