

Butter Bean Hummus

Tree House for Grown-Ups | April 2008



You can cook the beans for this lemon-garlic bean dip ahead (even freeze them cooked) or make the whole dip in advance. Cover and chill the dip for up to three days or freeze, then thaw to serve.

PREP: 20 MINUTES COOK: 1 HOUR STAND: 1 HOUR

- 1 LB. DRIED LARGE LIMA BEANS (2³/₄ CUPS)
- 1/3 CUP TAHINI (SESAME SEED PASTE)
- 3-4 CLOVES GARLIC, PEELED
- 2 TSP. KOSHER SALT
- 1/2 TSP. FRESHLY GROUND BLACK PEPPER
- 1/4 TSP. CAYENNE PEPPER
- 1-1¹/₂ CUPS EXTRA-VIRGIN OLIVE OIL
- 1/4 CUP LEMON JUICE, FRESHLY SQUEEZED
- SLICED CUCUMBER, RADISHES, BLANCHED GREEN BEANS AND PEA PODS, CHERRY TOMATOES, CELERY STICKS, MIXED OLIVES, AND/OR WARM PITA WEDGES OR CRACKERS

Pick through and wash the lima beans. Put them in a heavy pot and add enough cold water to cover by 2 inches. Bring to a boil and then simmer, partially covered, until they are very tender but not mushy (1 to 1¹/₂ hours). Remove from the heat and drain, reserving the cooking liquid.

To the bowl of a food processor fitted with a steel blade add the warm beans, tahini, garlic, salt, pepper, and cayenne. Puree this mixture, and with the motor running, slowly pour in the olive oil and lemon juice.*

If the puree is too thick, pour in a little of the reserved cooking liquid until the puree is silky smooth in appearance. Taste carefully for seasoning and add more salt and cayenne, if desired.

Serve with assorted fresh vegetable dippers, mixed olives, and/or pita wedges. Scott drizzles additional olive oil atop hummus just before serving. Makes 6 cups (48 two-tablespoon servings hummus).

*NOTE: If food processor is small, process mixture in 2 batches.

Per serving: 82 cal., 5 g total fat (1 g sat. fat), 0 mg chol., 83 mg sodium, 7 g carbo., 2 g dietary fiber, 2 g protein.