

Limas and Lentils and Beans, Oh My! Camerota's Cupboard March 2013

Kidney, lima, and black beans, yellow split peas and red lentils are among thousands of colorful legumes. Legumes use nitrogen from the atmosphere to make protein. They are an important source of protein worldwide. According to AICR (American Institute for Cancer Research) a serving of beans or peas is rich in fiber (20% of Daily Value) and a good source of protein (10% of Daily Value). They are also an excellent source of folate, a B vitamin. Foods containing folate help reduce the risk of pancreatic cancer probably because folate promotes healthy cell division and repairs damaged cells. When you use canned beans remember to rinse for 2 minutes, so you can lower the sodium by as much as 40%.

Lima Bean Spread with Cumin and Herbs

(from EatingWell: August/September 2005, November 1997, The EatingWell Diabetes Cookbook (2005))

Humble limas are transformed into a sensational Mediterranean spread that is vibrant with a mix of fresh herbs and spices. You can substitute frozen edamame beans for the limas in Step 1; cook according to package directions. Serve immediately or cover and refrigerate for up to 4 days or freeze for up to 6 months.

- 1 10-ounce package frozen lima beans
- 4 cloves garlic, crushed and peeled
- 1/4 teaspoon crushed red pepper
- 2 tablespoons extra-virgin olive oil
- 4 teaspoons lemon juice
- 1 teaspoon ground cumin
- 1/2 teaspoon salt, or to taste
- Freshly ground pepper, to taste
- 1 tablespoon chopped fresh mint

1 tablespoon chopped fresh cilantro
1 tablespoon chopped fresh dill

- Bring a large saucepan of lightly salted water to a boil. Add lima beans, garlic and crushed red pepper; cook until the beans are tender, about 10 minutes. Remove from heat and let cool in the liquid.
- Drain the beans and garlic. Transfer to a food processor. Add oil, lemon juice, cumin, salt and pepper; process until smooth. Scrape into a bowl, stir in mint, cilantro and dill.

Yield: 1½ cups

Nutrition information for one tablespoon: 25 calories; 1g fat (0g sat, 1g mono); 0mg cholesterol; 3g carbohydrates; 0g added sugars; 1g protein; 1g fiber; 56mg sodium; 62mg potassium.

French Lentil Salad

(from The Nutrition Council of Greater Cincinnati's *More Nutritious Still Delicious*)

The Nutrition Council staff writes that the roasted vegetables and Herbes de Provence add a special flavor to this main dish salad. Herbes de Provence is a classic French herb mixture of lavender, thyme, rosemary, basil, savory, marjoram and fennel. If you can't find it at Kroger's or other big grocery store, substitute ½ teaspoon basil, ¼ teaspoon thyme and ¼ teaspoon marjoram. They recommend French green lentils, which have a deeper flavor and keep their shape better than brown lentils. Look for them at the Mediterranean store at Findlay Market. Good dish for company.

1 cup green lentils, uncooked
1 medium sweet onion, diced
6 large carrots, peeled and diced
4 tablespoons olive oil, divided
1 teaspoon Herbes de Provence

½ teaspoon salt
1/8 teaspoon black pepper
1 package (5 ounces) baby spinach
3 tablespoons white wine vinegar
1 tablespoon Dijon mustard

- Preheat oven to 375 degrees F. Spray 13x9x2 baking pan or roasting pan with cooking spray.
- In a medium pan cook lentils in about 3 cups of water for 20 to 30 minutes; drain and rinse. Place in large serving bowl.
- While lentils are cooking: Toss onion, carrots, 1 tablespoon olive oil, herbs, salt and pepper in prepared pan. Roast in 375 deg. oven until edges begin to caramelize, about 30 minutes.
- Add roasted vegetables to serving bowl with lentils.
- Next, prepare spinach In a large skillet, heat 1 tablespoon olive oil; add spinach; stir and cook briefly, just until wilted. Add to carrot and lentil mixture.
- In a small bowl, combine vinegar and mustard. Slowly add the remaining 2 tablespoons olive oil. Using a wire whisk, mix while adding oil to combine.
- Pour dressing over vegetable mixture; toss well; serve.

Makes 6 servings (3/4 cup per serving)

Nutrition information per serving (3/4 cup): 234 calories; 9g protein; 30g carbohydrate; 8g dietary fiber; 10g fat; 1g saturated fat; 0mg cholesterol; 348mg sodium

Very Vegetable Soup

(AICR, The American Institute for Cancer Research)

A soup or stew can hold a variety of colorful vegetables and is an easy way to add an extra serving or two every day. This hearty minestrone is packed with fiber-rich barley and beans, foods that

can help prevent colon cancer. Onions, carrots, potatoes and cabbage are classic winter soup vegetables providing rich flavor and hearty goodness.

1 tablespoon olive oil
1 small onion, finely chopped
¼ cup finely sliced green onions (including green stems)
½ cup finely sliced celery
½ cup finely chopped carrots
2 teaspoons chopped fresh sage (or 1 teaspoon dried)
2 teaspoons chopped fresh parsley (or 1 teaspoon dried)
3 cloves garlic, minced
1 cup finely chopped Savoy cabbage
Salt and freshly ground pepper to taste
1 (14-oz) can cannellini beans, drained and rinsed
3 cups reduced-sodium, fat-free chicken broth
1 medium potato, cut into ½-inch cubes
¼ cup uncooked pearl barley
1 cup green beans, cut into bite size pieces
1 tablespoon freshly grated Parmesan cheese (optional)

- In large pot heat oil over medium-high heat. Add onions, celery, carrots, sage, thyme, parsley and garlic. Sauté 5-6 minutes.
- Add cabbage, salt, pepper and cannellini beans and stir. Add broth, bring to a boil and stir in potato and barley. Reduce heat and simmer, covered 20-22 minutes or until potato pieces are tender when pierced with a fork, gently stirring occasionally.
- Stir in green beans. Continue to simmer for 5 minutes. Garnish by sprinkling Parmesan cheese over top and serve.

4 servings

Nutrition Information per 1½ cup serving: 260 calories; 4g total fat (1g saturated fat); 46g carbohydrate; 12g protein; 13g dietary fiber; 452 mg sodium.