

MORE SOUL FOOD RECIPES

Garlicky Baby Lima Bean Spread

Serves 6-8

Adapted from "Vegan Soul Kitchen" by Bryant Terry (Da Capo Press, 2009). Serve with crudites, crackers or toasted bread.

1 cup dried baby lima beans, soaked overnight in water to cover generously

One 3-inch piece konbu (dried kelp)

Sea salt

1 tablespoon extra virgin olive oil + more for drizzling

5 cloves garlic, minced

1 teaspoon ground cumin

1/4 teaspoon hot red pepper flakes

1 teaspoon minced fresh sage or 1/2 teaspoon minced fresh rosemary

2 tablespoons fresh lemon juice

1 teaspoon finely grated lemon zest

Freshly ground pepper

Instructions: Drain the beans and place in a medium saucepan with the konbu and enough water to cover by 1 inch. Bring to a boil over high heat, skimming any surface foam, then cover partially and reduce the heat to maintain a gentle simmer. Cook until the beans are almost tender, about 45 minutes. Add 1 teaspoon salt and simmer until the beans are completely tender, about 15 minutes more. Drain the beans, reserving the broth. Discard the konbu.

In a small skillet over moderate heat, warm the olive oil with the garlic, cumin and pepper flakes until fragrant, then stir in the sage or rosemary and remove from the heat.

In a food processor, combine the drained beans with the sauteed garlic mixture, lemon juice and lemon zest. Process until smooth, thinning if necessary with some of the reserved broth. Add salt and pepper to taste and process again.

Transfer the dip to a serving bowl and drizzle with olive oil.

Per serving: 68 calories, 3 g protein, 10 g carbohydrate, 2 g fat (0 saturated), 0 cholesterol, 122 mg sodium, 3 g fiber.



Wine pairing: Garlic, spices and herbs bump up the flavor of this lima bean puree. Try a clean, fresh, light- to medium-bodied white wine like Albarino or Italian whites including Pinot Grigio and Tocai Friulano.



Craig Lee / The Chronicle

Bryant Terry, Oakland chef and author of "Vegan Soul Kitchen."