

Lima Beans - A Healthy Food to Try



Lima beans (also called butter beans) are a versatile and tasty legume. You can find them dried, frozen or canned year-round, but they can also be found fresh in the summer and fall months. Lima beans, like other legumes, have an appealing texture that makes them a good substitute for meat in many recipes.

In addition, lima beans offer up health benefits – they are:

1. An excellent source of soluble fiber, which can help lower cholesterol and promote stable glucose levels.
2. A good source of insoluble fiber – beneficial for people with constipation and gastrointestinal disorders such as irritable bowel syndrome.
3. A source of quality protein, as well as folate and magnesium – two essential micronutrients important to heart health.

When cooking, avoid seasoning lima beans until after they have cooked – adding salt, vinegar or other seasonings beforehand can result in longer cooking times and a tougher texture.

Source: Website, Dr. Andrew Weil - <https://www.drweil.com/blog/health-tips/lima-beans-a-healthy-food-to-try>