

# Lima Beans



# Lima Bean Facts

- Lima beans are large, flat, kidney-shaped edible seeds in the bean family. The seeds are generally cream or light green in color, although certain varieties feature colors such as white, purple, brown and black.
- They originated in Central America as wild cultivars and were domesticated by native Mayans, Aztecs and later by the Incas as a valuable source of protein.
- Sometimes called “butter beans” because of their starchy yet buttery texture, lima beans have a delicate flavor that complements a wide variety of dishes.
- Although fresh lima beans are hard to find, they are worth looking for in season (*In NJ, lima bean season runs from August to early October.*)
- Within the lima bean pod are two to four flat seeds.
- One cup of cooked lima beans has 216 calories.
- They are a good source of cholesterol-lowering dietary fiber, like most other legumes. Studies confirm that eating high fiber foods, such as lima beans, helps prevent heart disease.
- In addition to providing slow burning complex carbohydrates, lima beans increase your energy by helping to replenish iron. A cup of lima beans contains 24.9% of the daily recommended requirement for iron.
- Lima beans are an important vegetable in succotash, a Native American dish that combines the lima bean with corn.
- West Cape May, New Jersey is home to a Lima Bean Festival, held every October.

