



# Hominy Salad

SERVING: 1 CUP  
YIELD: 8

PREP TIME: 10 MIN  
TOTAL TIME: 15 MIN

## Ingredients

- 1 pkg Lima beans, frozen, cooked/thawed
- 1 cup Tomatoes, grape, halved
- 1 Cucumber, chopped
- 1 Bell pepper, chopped
- 1/2 Onion, chopped
- ¼ cup Basil, fresh, chopped or 1 T dried basil
- 1 tsp Black pepper
- 2 tbsp Red Wine Vinegar
- 2 tbsp Olive Oil
- 1 can Hominy, drained and rinsed (15.5 oz)
- 1 pkg Parmesan cheese, shredded, 6 oz

## Directions

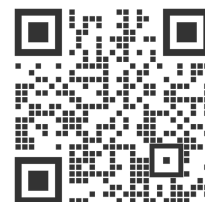
1. HEAT Frozen Lima Beans according to pkg directions.  
Set aside in refrigerator.
2. CHOP onion, basil, cucumbers, bell pepper, and slice tomatoes in half.
3. WHISK together the pepper, vinegar, oil and basil in a large bowl.
4. ADD lima beans, hominy, tomatoes and bell pepper.  
TOSS gently.
5. CHILL then SPRINKLE with parmesan cheese before serving.

<b>Nutrition Facts</b>	
8 servings per container	
<b>Serving size</b>	<b>1 cup (0.0g)</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>220</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 10g	<b>13%</b>
Saturated Fat 4.5g	<b>23%</b>
<i>Trans Fat</i> 0g	
<b>Cholesterol</b> 15mg	<b>5%</b>
<b>Sodium</b> 570mg	<b>25%</b>
<b>Total Carbohydrate</b> 21g	<b>8%</b>
Dietary Fiber 4g	<b>14%</b>
Total Sugars 3g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 12g	
Vitamin D 0.1mcg	0%
Calcium 290mg	25%
Iron 1.5mg	8%
Potassium 290mg	6%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

\*Recipe adapted from  
GetFreshCooking.com

\*Cost information includes  
lower cost ingredients found at  
local grocery store 8/29/22.



**Cost Per Recipe**

\$9.59

**Cost Per Serving**

\$1.20

# 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.

