

Lima Beans and Spinach

From the National Heart, Lung, and Blood Institute

<https://healthyeating.nhlbi.nih.gov/recipe/detail.aspx?linkId=11&cid=7&rid=67>

Ingredients

- 2 cup frozen lima beans
- 1/2 cup onion, chopped
- 1 cup fennel bulb, rinsed and cut into 4-inch strips
- 1 tablespoon vegetable oil
- 1/4 cup low-sodium chicken broth
- 1 bag (10oz) leaf spinach, rinsed
- 1 tablespoon distilled vinegar
- 1/8 teaspoon ground black pepper
- 1 tablespoon dried chives

Instructions

1. In a saucepan, steam or boil lima beans in unsalted water for about 10 minutes. Drain.
2. In sauté pan, sauté onions and fennel in oil.
3. Add beans and chicken broth to sauté pan, and cover. Cook for 2 minutes.
4. Stir in Spinach. Cover and cook until spinach has wilted, about 2 minutes.
5. Stir in vinegar and pepper. Cover and let stand for 30 seconds.
6. Sprinkle with chives and serve.

Makes 4 servings

Nutrition information per serving

Calories: 93

Total Fat: 2g

Saturated Fat: 1g

Cholesterol: 0mg

Carbohydrates: 15g

Protein: 5g

Total Fiber: 6g

Sodium: 84mg