



LIMA BEAN & RICOTTA SALAD

April 20

National Lima Bean Respect Day

INGREDIENTS

- 2 Cups Cooked Lima Beans (dried or frozen)
- 2 Cups Sweet Potatoes (peeled and diced into ½-inch cubes)
- 2 Tablespoons + ⅓ Cup Olive Oil
- 1 Cup Carrots (peeled and shredded)
- ½ Lemon (roughly chopped with peel on)
- 2 Cloves Garlic
- 3 Tablespoons Fresh Dill (roughly chopped)
- ½ Teaspoon Whole Grain Mustard
- ½ Teaspoon Honey
- Salt and pepper (to taste)
- 3 Tablespoons Fresh Parsley (chopped)
- 4 Ounces Ricotta Cheese

DIRECTIONS

1. Preheat the oven to 400° and line a sheet pan with parchment paper.
2. Prepare the lima beans according to the instructions on the packaging. While the beans are cooking, toss the diced sweet potatoes in 2 tablespoons of olive oil and spread them in an even layer on the prepared baking sheet. Roast for 25-30 minutes, until tender throughout and starting to brown. Remove from the oven and let cool while you continue prepping.
3. To make the dressing, combine the lemon, garlic, dill, mustard, and honey in a mason jar or the bowl of a food processor. Use a stick blender (or food processor) to roughly blend the ingredients, then pour in ⅓ cup of olive oil and continue blending until smooth and creamy.
4. Taste and add lemon, salt, or dill to your preference. The lemon rind and pith will give the vinaigrette a richer texture and the tartness will highlight the fresh dill.
5. Assemble the salad by combining the cooked lima beans, roasted sweet potatoes, and shredded carrots. Add in the chopped parsley and vinaigrette, and toss until the vegetables are well coated.
6. Add the ricotta in large dollops, then garnish with a final drizzle of olive oil and serve!

MEAL PATTERN CONTRIBUTION

-  Meat/Meat Alternate
-  Vegetable

MEAL TYPE

-  Lunch/Supper

YIELD

6 Cups

PORTION SIZES

Toddler	Preschool	School Age	Adult
⅔ Cup	1 Cup	1½ Cups	1½ Cups