

Sautéed Lima Beans with Green Garlic Pesto

Prep time: 15 minutes

Cooking time: 10 minutes

Yields: 4 servings

Ingredients:

4 cups water

2 cups frozen or cooked fresh or dried lima beans

For the Pesto:

6 green garlic shoots, trimmed of the dark green tips and cut into 2 inch pieces

1/4 cup nutritional yeast flakes

1/4 cup almond meal

1/4 cup pine nuts

2 tablespoons extra virgin olive oil

Salt and pepper to taste

Directions:

Add green garlic, nutritional yeast, almond meal, pine nuts, salt and pepper to food processor. Pulse 10-15 times, until ingredients are relatively well-blended, scraping down the sides in the middle of blending. Slowly drizzle in olive oil and continue blending until you get a well-combined pesto texture. Add pesto and ¼ cup water to sauté pan and slowly simmer. Add beans to pesto, heat thoroughly, toss well and serve.

Chef Mat Shalenko

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