

Recipes



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Lima Bean Sauté:

2 tablespoons olive oil 1 1/2 cups chopped yellow onion

1 pound diced potatoes 1/2 pound butternut squash, peeled and diced 1 teaspoon salt small

1/2 teaspoon black pepper 2 cups cooked small baby lima beans

pinch of hot pepper flakes

Toss the nuts, bread crumbs, and spices together in a bowl. In a nonstick, large skillet over medium-high heat, heat the oil, then add the nut mixture. Stir well to coat. Continue stirring, or shake the pan, until the almonds are golden and the mixture is fragrant and toasted, about 3 minutes. Transfer to shallow bowl and set aside.

In the same skillet, heat the olive oil over medium heat and add the onion. Sauté until translucent, about 3 minutes. Add the potatoes, squash, salt, and black pepper. Stir to coat. Cover and cook over medium heat about 5 minutes, stirring often. Add the lima beans and hot pepper flakes. Stir well, then cover and cook an additional 5 minutes. Taste and adjust seasoning.

Transfer sauté to a shallow casserole dish. Crumble the nut mixture over the top of the sauté and serve.