

Spinach Feta Lima Beans

- 1/2 lb lima beans
- 2 T olive oil
- 2 each, garlic cloves, minced
- 1 lb spinach
- 28 oz can tomatoes, diced (may use whole and crush them)
- 1/4 c minced dill
- sea salt and freshly ground black pepper
- 1 c crumbled feta
- 1/2 c grated Parmesan cheese
- lemon, as garnish (optional)

Soak beans overnight. Drain.

In a large pot, simmer beans for 40 minutes with a teaspoon of sea salt. Instead of salt, you can use celery, onion and dried garlic to flavour the cooking water. Drain the beans.

In a large pot, heat a tablespoon of oil. Add onions and cook on medium heat, stirring for 5 minutes until lightly browned. Add garlic and cook for 30 seconds, then add spinach, half at a time, covering the first half for 2 minutes to let it wilt.

Remove pot from the heat. Add cooked beans, a tablespoon of oil, tomatoes and dill. Season with salt and pepper.

At this point you can take a break for a day, refrigerating the beans.

Preheat oven to 400F.

In a large 13x9-inch baking dish, layer the beans, feta and Parmesan. Bake for 25 minutes until golden and bubbly. Garnish with lemon. Serves 8.

Jittery Cook