

# Limas Pack Big Nutrition

NEWARK, Del. — If you're looking for a nutritious food, check out lima beans. A 1/2 cup contains 85 to 95 calories. Fordhooks are at the light end, calorically speaking; the baby limas are just a tad heavier. Baby limas offer 5 milligrams of vitamin C, Fordhooks have 11 milligrams, or between 6 and 17 percent of the recommended daily allowance of vitamin C for adults. Lima beans also contain more than 10 percent of the RDA for iron and offer significant fiber. Overall, limas are a nutritious package when eaten as part of a balanced diet.

Although lima beans are a good food choice, Dr. Sue Snider, cooperative Extension food and nutrition specialist at the University of Delaware, says that they've

never become a favorite, or even a regularly eaten, vegetable in this country. Only one pound per person is consumed in the United States.

"Many people eat limas in combination with other vegetables," says Snider. "In fact, it is often served with corn as succotash."

Snider offers the following recipe for southwestern succotash adapted from the November 1995 issue of Sunset magazine. The limas and corn are jazzed up with roasted red peppers, chili peppers and spices.

**Southwestern Succotash**  
1 pound frozen corn, thawed

2 10-ounce packages frozen lima beans, thawed  
1/4 cup chicken broth  
1 cup hulled, roasted and salted sunflower seeds  
1 7-ounce can diced green chilis  
1/2 cup chopped prepared roasted red peppers  
Fresh Italian parsley sprigs  
salt and pepper  
Cook corn, lima beans and broth in a nonstick skillet over

medium-high heat for about 10 minutes, or until most liquid has evaporated. Stir in sunflower seeds, green chilis and red peppers. Spoon onto serving platter. Garnish with parsley; add salt and pepper to taste. Serves eight.

Per serving: 244 cal., 32 percent (78 cal.) from fat; 11 g protein; 8.7 g fat (0.9 g sat.); 35 g carbo.; 212 mg sodium; 0 mg chol.

## Braiding By Weaver

(Continued from Page B14)

Six lessons each three hours long where students learn all the braiding techniques by braiding a 2x3-foot oval rug.

She is delighted that she now has competition when she enters her work in fairs and exhibits because some of her students are entering.

"But competition is still low. I'm dismayed to see how few are entered at the Pennsylvania Farm Show," Velma said.

She believes that entries are down because several trips are required to enter and pick up projects at the Farm Show. "At one time, extension agents transported the projects, but they don't do that any more," she said.

Velma rejects the excuse that

people have no time for rug braiding. Mothers with children can easily braid while talking with their children. She believes rug braiding encourages mothers to spend time talking with their children.

She said, "You can do it while watching television or take it along while traveling."

The Weavers have a camper that they use and Velma likes nothing better than to sit in her camper and braid while watching wildlife. Her favorite spot is Alaska where she watched moose while braiding. Now the Weavers are planning a trip West in search of bears and elk.

Those interested in taking classes or purchasing supplies may call Velma at (717) 665-5333.



Hilary Spiller used consumer response to her "Blue Hen" lima beans to determine product and packaging qualities that affect purchase decisions.

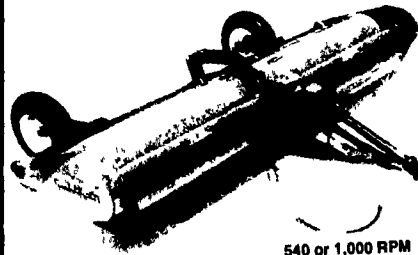
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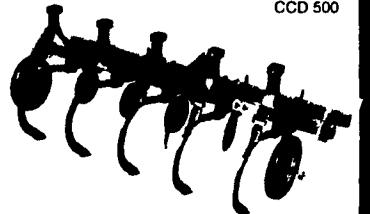
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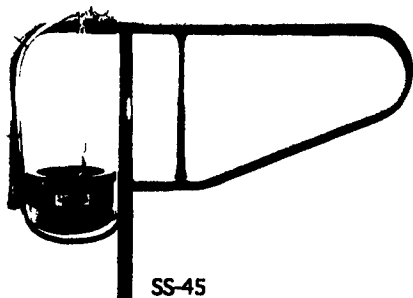
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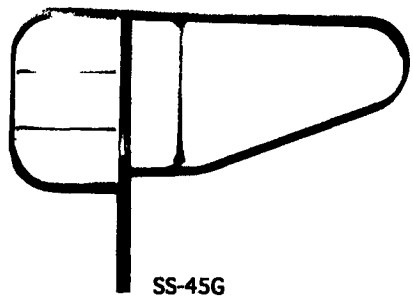
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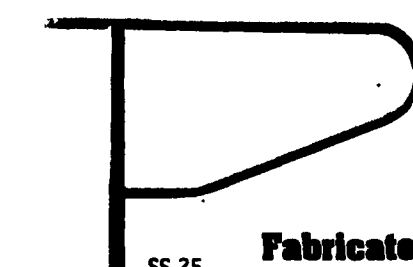
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