

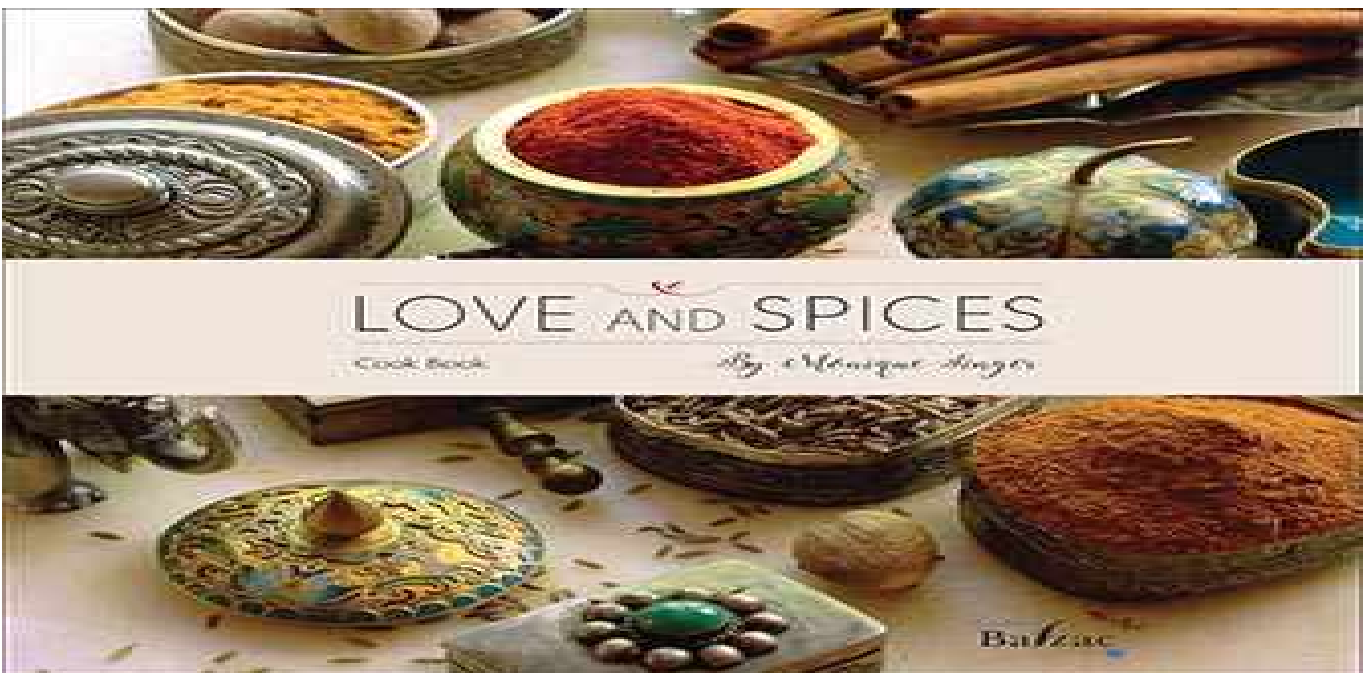


## Love and Spices: Lemony Lima Bean Hummus

### Description

**Lima bean and almond hummus is a wonderful alternative to traditional hummus**

Recipe by **Monique Singer**



**Westmount Magazine** is proud to offer its readers sample recipes from [Love and Spices](#), a beautifully illustrated cookbook by **Monique Singer**. With this series, you will discover some unique recipes dedicated to cooking with spices, from hors d'œuvres to desserts.

Monique Singer knows how to make people talk, sing and dance spices! From her earliest childhood, alongside her grandmother and sisters, she learned how to create a delicious and original cuisine with her senses, her



hands and all her love.

From her family's table to the jet-set parties she has catered in New York, Los Angeles, Venezuela, Spain, Haiti, and Asia, regardless of the set-up, function, atmosphere or style, Monique's food has left its imprint on people's taste buds.

Enjoy!

## Lemony Lima Bean Almond Hummus Crostini

*Almond lends a sweet, nutty, complimentary flavour to this classic appetizer.*

Preparation time: 20 min | Cooking time: 10 min | Yields: 6 servings

- 1 can (938 ml ) large lima beans, drained and well rinsed
- 1/4 cup / 25 g ground almonds
- 1 large white onion, chopped
- 3 sprigs rosemary, chopped, about 1 tbsp
- 2 garlic cloves, chopped
- 5 tbsp avocado oil
- 1/4 cup / 60 ml water
- 1/2 cup / 125 ml lemon juice
- 1 tsp sea salt
- 1/2 lemon zest
- Freshly ground pepper to taste
- 1 cup /150 g microgreens

In a frying pan, cook the chopped onion with 1/4 cup water until translucent, about 10 minutes. Simmer until all of the water has evaporated.

Add the oil and sauté the garlic and onions for 10 minutes.

Season with salt, pepper and rosemary, cool and set aside.

In a food processor, pulse the lima beans a few times.

Add the ground almonds, the onion mixture and the oil from the frying pan.

Pulse until smooth.

Add the lemon juice and pulse twice more to combine.

Garnish with microgreens and lemon zest.

Serve with crostini.

### CROSTINI

- 1 loaf ciabatta bread
- 1 tbsp olive oil

Preheat the oven to broil.

Cut the bread into long, thin slices 1 1/2 inch / 4 cm wide.

Drizzle with olive oil.

Arrange on a baking sheet on the lower rack.

Broil for about 5 minutes, turning once.

Remove and serve.

*Images: Anne Fillion*



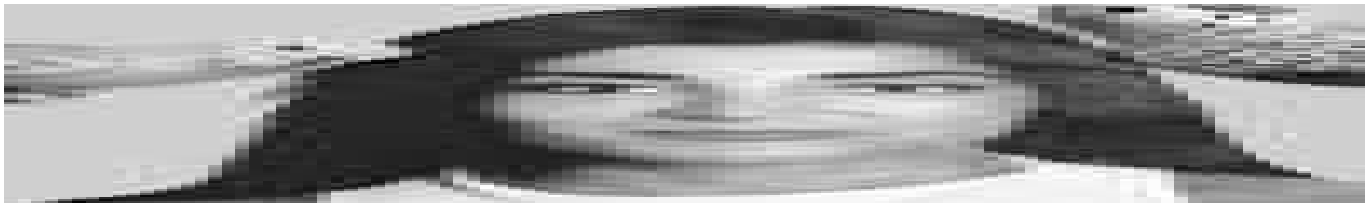
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**Monique Singer** is a cultural creator now based in Montreal, usually found travelling the world, experiencing other cultures and sharing what she finds most interesting. At the top of her food passion is her attraction for spices, their benefits and the distinctive flavour they bring to all dishes. [Linkedln](#)



#### Category

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#### Tags

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2. Lemony Lima Bean Almond Hummus Crostini
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