

## **Ham and Green Bean skillet**

**Prep time:** 5 min

**Makes:** 4 servings

### **Ingredients:**

1 10 oz package of frozen green

1/4 pound deli ham, diced

1 cup low sodium ham or chicken stock

### **Directions:**

In skillet, add green beans and chicken broth, bring broth to boil. Lower heat and simmer about 5-10 minute until beans are fork tender, then add in ham and cook until ham is warmed through, about 1-3 minutes.

### **Nutrient Information:**

Amount: 1 serving

Calories

139

Total Fat

13g

Saturated Fat

4g

Cholesterol

11 mg

Sodium

387 mg

Total Carbohydrate

5 g

Dietary Fiber

2 g

Total Sugars

1 g

Added Sugars included

0 g

Protein

7 g

Vitamin D

0 mg

Calcium

31 mg

Iron

1 mg

Potassium

282 mg