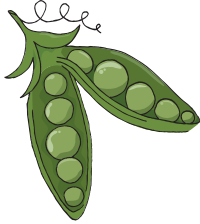




summer beans & peas



Visit the Farmers' market this summer for a couple of our favorite vegetables - **green beans and peas.**

Green Beans and Ham

A simple veggie that kids love!

- 1 pound fresh green beans
- ½ cup ham, chopped
- salt and pepper to taste

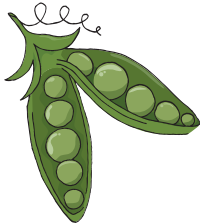
- Step 1** Wash the green beans and remove the stems.
- Step 2** Place the green beans in a kettle with 2 to 3 inches of water. Bring to a boil. Then reduce the heat to simmer, cover and cook for 20 minutes.
- Step 3** Drain the water off the green beans. Add the chopped ham, salt and pepper. Stir and heat for 2 minutes. Serve.



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