

Choco Fever Dream

Fresh Southern Green Beans With Turkey Ham

15 min Prep time	**20 min** Cook time	**35 min** Total time
4 Servings	**Easy** Difficulty	**Southern** Cuisine

Ingredients

Main Ingredients

- [ ] 1 lb fresh green beans, trimmed
- [ ] 4 oz turkey ham, cut into 1-inch pieces
- [ ] 2 tbsp unsalted butter
- [ ] 2 cloves garlic, minced
- [ ] 1 tbsp fresh lemon juice
- [ ] Freshly ground black pepper to taste

Instructions

1. Bring a pot of salted water to a boil, add the green beans and blanch for 3 minutes until just tender; drain and set aside.
2. In a large skillet, melt butter over medium heat, add the minced garlic and sauté until fragrant, about 30 seconds.
3. Add the turkey ham pieces, stirring until they begin to brown and release a subtle smokey aroma.
4. Toss the blanched green beans into the skillet, season with black pepper, and cook together for 4-5 minutes, stirring gently.
5. Finish with a drizzle of fresh lemon juice, give the mixture one last toss, and remove from heat.

Nutrition per serving

210 kcal	12 g	18 g	9 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you like a little heat, sprinkle a pinch of red pepper flakes during step 3.
- For added depth, a splash of chicken broth can be added with the beans.
- Taste and adjust the lemon juice right before serving for perfect brightness.