



## **Swimsuit-Ready in 20 Days: Dinner Recipes**

### **Country-Style Ham Steaks with Yams and Corn on the Cob**

**9 ounces ham steaks**

**2 large yams**

**3 ears corn on the cob, husked and cut in half**

*Cooking oil spray*

*Salt and cracked black pepper to taste*

1. Coat a nonstick skillet with cooking spray and heat the skillet. Add the ham steaks and sear on each side until golden brown. Microwave the yams for about 3 ½ minutes each. Peel and slice them into rounds and season with salt and pepper. Cook the corn in boiling water for 3 minutes.

**To Serve:** Place the ham steaks on plates and serve with sliced yams and corn on the cob.

**Servings:** 2