

CANDIED YAMS

Stay Young at Heart: National Heart Lung and Blood Institute
<http://www.nhlbi.nih.gov/health/public/heart/other/syah/yams.htm>

Ingredients

- 3 medium yams (1 ½ cups)
- ¼ cup brown sugar, packed
- 1 Tsp flour, sifted
- ¼ Tsp salt
- ¼ Tsp ground cinnamon
- ¼ Tsp ground nutmeg
- ¼ tsp orange peel
- 1 Tsp soft tub margarine
- ½ cup orange juice

Instructions

1. Cut yams in half and boil until tender but firm (about 20 minutes).
2. When cool enough to handle, peel and slice into ¼-inch thickness.
3. Combine sugar, flour, salt, cinnamon, nutmeg, and grated orange peel.
4. Place half of the sliced yams in a medium-sized casserole dish.
5. Sprinkle with spiced sugar mixture.
6. Dot with half the amount of margarine
7. Add a second layer of yams, using the rest of the ingredients in the same order as above.
Add orange juice.
8. Bake uncovered in over preheated to 350 °F for 20 minutes.

Makes 6 servings. Serving size: 1/4 cup

Nutritional information per serving (6 servings)

Calories: 110

Fat: less than 1g

Saturated fat: less than 1g

Cholesterol: 0 mg

Sodium: 115mg



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