



Recipes

Vegetables

Spicy Baked Yam “Fries”

Prep and Cook Time: 30 minutes

Yield: 4 servings

Ingredients:

2 large yams
2 tablespoons extra virgin olive oil
1 tablespoon garlic powder
Salt and black pepper to taste
Cayenne pepper to taste

Directions:

1. Preheat oven to 375 degrees. Slice yams lengthwise into 1/2-inch strips.
2. Toss with oil and garlic powder, coating evenly. Place on a rimmed baking sheet lined with parchment paper. Bake for thirty minutes and turn at the halfway point. Yams are done when easily pierced with a fork.
3. Remove from oven and sprinkle with salt, pepper and cayenne to taste.
4. Enjoy!!