

Maple-Roasted Yams

Serves 1 | Active Time: 20 minutes | Total Time: 1 hour

Swick

Preparing the Yams

To prepare the yams, peel, slice in half then cut into 1-1.5" -inch cubes. Mix the maple syrup, olive oil, nutmeg, cinnamon, pepper and salt together. You could also add a few pinches of cayenne pepper, if you like. Pour over the yams and toss to evenly coat.

Step 1: Preparing the Yams

- 6 lb yams
- 3 tbsp maple syrup
- 4 tbsp olive oil
- 1/2 tsp freshly grated nutmeg
- 1/2 tsp cinnamon
- 3/4 tsp freshly ground black pepper
- 1 tsp sea salt

Baking the Yams

To roast the yams, preheat the oven to 350° degrees Fahrenheit. Cover a baking sheet with parchment paper. Toss the yams again and spread them out evenly on the baking sheet. Place into the oven and roast for about 15 minutes.

Step 2: Baking the Yams

Tossing the Yams

Toss the yams and continue to roast for another 15 to 20 minutes, or until fork tender. Transfer to a serving dish and enjoy.

Step 3: Tossing the Yams