Yams and Sweet Potatoes

6 Delicious Ideas: Cook Now!

Yams are white tubers (left) and sweet potatoes are usually orange with a sweeter flesh (center and right). They are both delicious so pick your favorite way to serve them.

1. Sweet Potato Fries
Slice the sweet potatoes in wedges and bake on a nonstick pan for 40 minutes at 400 degrees OR use a hot air fryer. Season with your favorite herbs and serve with ketchup.

2. Maple Rosemary Sweet Potatoes
Preheat your oven to 400 degrees. Line a baking sheet with parchment paper for easy cleanup. Peel and cut 3 large sweet potatoes into 1” chunks and place in a mixing bowl. Add 2 Tbsp. canola oil, ¼ cup real maple syrup, 1 tsp. salt, 1 tsp. black pepper, 1 Tbsp. dried rosemary. Toss the sweet potatoes to coat them, then spread out on the baking sheet. Bake for 30 minutes until golden.

3. Gingered Mashed Sweet Potatoes
Peel 4 large sweet potatoes and cut into 2” chunks. Boil sweet potatoes for 25 minutes or until soft. Drain the water and add ¾ cup orange juice, 1 tsp. cinnamon, and 1 Tbsp. grated ginger or ginger paste. Mash the sweet potatoes mixing the ingredients in. More juice, cinnamon or ginger can be added if desired.

4. Sweet Potato Hash Browns
Dice 1 lbs. of cleaned sweet potatoes into 1” cubes. Mix 1 Tbsp. oil, 1 clove minced garlic, 1 tsp. dried thyme, 1 tsp. oregano, and the diced sweet potatoes and toss to coat. On a large baking sheet, place the sweet potatoes and bake at 400F for 15 minutes, then toss and bake another 15 minutes. Sprinkle 1/3 cup shredded Parmesan cheese over the sweet potatoes and serve hot.

5. Black Bean Sweet Potato Salad
Dice 1 lbs. of cleaned sweet potatoes into 1” cubes. Mix 1 Tbsp. oil, 1 clove minced garlic, 1 tsp. dried thyme, 1 tsp. oregano, and the diced sweet potatoes and toss to coat. On a large baking sheet, place the sweet potatoes and bake at 400F for 15 minutes, then toss and bake another 15 minutes. Sprinkle 1/3 cup shredded Parmesan cheese over the sweet potatoes and serve hot.

6. Candied Yam Dessert
Preheat your oven to 350 degrees. Peel and chop 5 yams and set aside. Melt 6 Tbsp. butter in a large pan and add 1 tsp. ground cinnamon, 1 tsp. allspice, 1 ¾ cups brown sugar, and 1 Tbsp vanilla extract. Add the seasoned buttered mixture to the yams then place them in a 9 x 13” pan. Cover the baking dish and bake for 30 minutes until the mixture is bubbly. Enjoy!