

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

Clean and grate 1 lb. sweet potatoes and place in a mixing bowl with 1 tsp. salt and 1 tsp. black pepper. Mix the ingredients together. Heat a medium cast-iron skillet with 4 Tbsp. corn oil. Using a 1/3 cup measure, scoop the sweet potato mixture and fry it in hot oil, flipping to brown both sides.

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 ¼ 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!