

Candied Yams

Small amount of margarine and orange juice give these yams lots of flavor but little fat.

3 medium yams (1 1/2 cups)

1/4 cup brown sugar, packed

1 tsp flour, sifted

1/4 tsp salt

1/4 tsp ground cinnamon

1/4 tsp ground nutmeg

1/4 tsp orange peel

1 tsp soft tub margarine

1/2 cup orange juice



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

Nutritional Information

Makes 6 servings--Serving size: 1/4 cup

Calories 110

Fat less than 1 g

Saturated fat less than 1 g

Cholesterol 0 mg

Sodium 115 mg