

Sweet Potatoes/or Yams

These 2 distinct vegetables (sweet potatoes/or yams) are often confused with each other. Your preference for either is probably based on your country of origin. Either the sweet potato or yam will make this tasty low fat, no-added sugar, high fiber recipe.

Contributors: Los Angeles Healthy African American Families' staff and friends taste tested the recipes for CNESINC.org

Amount	Measure	Ingredients	Preparation Method
1	Pound	Small yams/sweet potatoes	Baked in oven
1	Teaspoon for each ½ cup	Butter substitute	
1/8	Teaspoon	Nutmeg	
1	Teaspoon	Sugar substitute	

1. Bake sweet potatoes until cooked through-25-35 minutes(450 degrees)
2. Measure ½ cup serving
3. Top with mixture of butter substitute, nutmeg, sugar substitute
4. Heat on high in microwave for 1 minute.

Yield: Three (3) ½ cup servings.

	Calories	Sodium	Total fat	Sat. fat	Chol	Fiber
Daily Value (DV)	2,000	2400 mg	65 g	20 g	300 mg	25 g
1 serving of this recipe	116	30 mg (1%)	3g (5%)	-	-	2g (8%)

Do you have recipes that you want us to modify?
Send it to Mable@cnesinc.org