

Candied Yams

Serves: 6

Ingredients

3 medium yams	¼ tsp. ground nutmeg
¼ cup packed brown sugar	1 tsp. margarine or butter
1 tsp. flour, sifted	½ cup orange juice
¼ tsp. salt	
¼ tsp. ground cinnamon	

Preheat oven to 350 degrees.

Cut yams in half and boil until tender but firm (about 20 minutes).

When cool enough to handle, peel and slice into ¼-inch thickness.

Combine sugar, flour, salt, cinnamon, and nutmeg.

Place half of the sliced yams in a medium-sized casserole dish. Sprinkle with the spiced sugar mixture. Dot with half the amount of margarine.

Add a second layer of yams, and the rest of the ingredients in the same order as before. Add orange juice.

Bake uncovered in oven for 20 minutes.