

Taste Test: Yam



Yam is a long cylinder-shaped vegetable from the potato family. This starchy vegetable represents a staple food in many countries in west Africa. Many people find it challenging to know the difference between yams and sweet potatoes, and although they are similar, yams tend to be drier and starchier than sweet potatoes. Yams are in season in November and December.

Food Fact

Yam is a very nutrient-rich root vegetable. It is a source of vitamin C, manganese, vitamin B₆, copper, and fibre.

How to Choose:

- Choose yams that are firm.
- The skin should be free from cracks, or bruises.
- Avoid yams that are found in the refrigerated section of the grocery store, as this affects the taste of the yam when cooked.

How to Prepare:

- Scrub yams well if leaving the peel on. Leave whole or peel and cut as desired.
- Bake, broil, or microwave until tender when pierced.

How to Store:

- Store yams in a cool, dark place, away from extreme temperatures.
- Store yams either loose or in a paper bag (do not store in a plastic bag).
- Yams kept in the proper environment will last about 10 days.

Note:

Canada's food guide recommendations:

- Include vegetables and fruit in all meals and snacks.
- Aim for half your plate to be vegetables and fruit.

I Tried It!

My Rating (circle one):



Would you like to try yams again?

YES NO

Ideas for Serving Yams:

- Bake yams in the oven at 350°F for approximately 45 minutes, and serve topped with baked beans for a quick, healthy meal.
- Slice yams into cubes, drizzle with olive oil, and maple syrup, and roast in the oven at 350°F for 30 minutes until golden brown. Remember to flip them about halfway through.

Roasted Yam Fries

Makes 4 servings

Ingredients:

- 2-3 medium Yams
- 1 tsp coarse salt
- 1 Tbsp olive oil
- 1 tsp ground cumin
- ¼ tsp ground pepper

Directions:

1. Preheat oven to 425°F. Scrub yams under cold water; pat dry. Half lengthwise, then quarter each half lengthwise.
2. On a large, rimmed baking sheet, toss sweet potatoes with cumin, salt, pepper, and oil until coated. Arrange, cut sides down, in a single layer.
3. Roast, turning potatoes halfway through, until tender and browned, about 30 minutes. Let cool slightly before serving.



Recipe adapted from <https://www.marthastewart.com/1155714/roasted-sweet-potato-fries>

Getting children involved in cooking at home makes them more likely to eat fruit and vegetables, and select healthy foods. For more information please contact APPLE Schools at info@appleschool.ca.

¹EaTracker.ca. Recipe Analyzer. http://www.eatracker.ca/recipe_analyzer.aspx Accessed December 18, 2017.