

# Holiday Recipes for Managing Diabetes

## Candied Yams

### NUMBER OF SERVINGS:

9

### SERVING SIZE:

1/2 cup

### OVERVIEW:

Sweet potatoes and yams are often mistaken for each other, although both are considered tuber vegetables to those who live in warm climates in South America, Asia, and the southern United States. The sweet potato is sweet and distinct in flavor. The yam has a less sweet taste and compliments a spicy or sweet dish. Feel free to use sweet potatoes instead of yams in this traditional holiday dish.

### INGREDIENTS:

4 ea medium yams  
0.25 cup firmly packed dark brown sugar  
1 tsp cinnamon  
0.5 tsp ground cloves  
1 Granny Smith apple, peeled and thinly sliced  
0.75 cup apple cider  
2 Tbsp stick margarine, cut into pea-size pieces

### INSTRUCTIONS:

1. Preheat the oven to 350 degrees F. Spray an 8x8-inch baking dish with nonstick cooking spray.
2. Place the yams on a baking sheet and bake until the skin feels soft to



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### NUTRITION:

Total Calories:	174
Calories from Fat:	25
Total Fat:	3 g
Saturated Fat:	0 g
Cholesterol:	0 mg
Sodium:	39 mg
Total Carbohydrates:	37 g
Dietary Fiber:	4 g
Sugars:	11 g

### INSTRUCTIONS (Continued):

- the touch, 60 minutes. Cool, peel, and slice into 1/8-1/4-inch rounds.
3. In a small bowl, whisk the sugar, cinnamon and cloves.
4. In the baking dish, place half of the yams, then the apple slices, then half of the sugar mixture. Top with the remaining yams and sugar mixture. Pour the cider around the edges of the baking dish. Evenly scatter the margarine pieces on top.
5. Bake covered, until bubbly and the yams are tender, about 40 minutes.

