

# Soy-Glazed Maple Yams

**Serves 6-8**

Salt and pepper are the only seasonings on these yams, but you could use a variety of other spices, including cumin, cinnamon or cayenne pepper.

**3 pounds peeled garnet yams**

**3 tablespoons olive oil + more for greasing the pan**

**Kosher salt and ground black pepper to taste**

**2 tablespoons maple syrup**

**1 teaspoon soy sauce**

**Instructions:** Preheat the oven to 425°. Place one oven rack in the bottom third of the

oven, and the other rack near the top.

Cut the potatoes in half widthwise, then into wedges about 1/2-inch thick at the widest point. Oil a baking sheet. Pile the yams on the sheet, and toss with 3 tablespoons of olive oil, and a generous amount of salt and pepper. Spread out into a single layer.

Roast on the bottom rack for 12 to 15 minutes, until browned on the bottom, then turn the potatoes and roast another 10-12 minutes, until tender, golden brown and blistered.

Mix the syrup and soy sauce together to make a glaze. Remove the potatoes from the oven, brush with the glaze and put the pan back on the top rack of the oven. Roast for another 5-7 minutes.

Using a spatula, immediately remove the yams from the baking sheet so that they don't stick as they cool. Serve right away.

**Per serving:** 69 calories, 0 g protein, 6 g carbohydrate, 5 g fat (1 g saturated), 0 mg cholesterol, 39 mg sodium, 0 g fiber.

