

Candied Yams*

Servings: 8 | Prep/cook time: 1 hour and 35 minute

Ingredients:

- 4 sprays cooking spray
- 4 large yams, cut into ¼-inch-thick slices
- 1 tsp. orange zest
- 1 cup orange juice
- 2 tbsp. unpacked light brown sugar
- 2 tbsp. maple syrup
- 2 tsp. vanilla extract
- ¼ tsp. cinnamon
- ¼ tsp. nutmeg
- ¼ tsp. salt



Directions:

1. Preheat oven to 375°. Coat 9 x 13-inch casserole dish with nonstick spray.
2. Place yams in an even layer in prepared dish.
3. In saucepan over medium heat, combine orange zest and juice, and sugar. Stir until sugar dissolves. Stir in maple syrup, vanilla extract, cinnamon, nutmeg, and salt. Pour syrup evenly over yams.
4. Cover dish tightly with aluminum foil. Bake for 45 minutes, basting with syrup from bottom of pan at least once. Uncover dish, baste with syrup again, and bake 20 minutes more. Serve hot.
5. Serving size: 1/8 th of pan

**This recipe comes from WW. 5 points per serving*