



YOU CAN COOK
AND YOU DO HAVE THE TIME

Kev's Kitchen

GRILLED YAM

Time: 20 minutes

Serves: 4

Ingredients:

2 yams – peeled and sliced to ¼”
4 tablespoons extra-virgin olive oil
1 tablespoon chili powder
1 teaspoon kosher salt
Sweetener equivalent to 1 teaspoon sugar

Preparation:

Preheat your barbecue grill on medium.

In a bowl big enough to hold the yams, mix together the oil, chili, salt and sweetener.

Add the yams and toss to coat evenly.

Grill the yams for four minutes on each side or until cooked through.

Serve immediately.

Nutritional Information Per Serving:

Calories: 220
Fat: 14g
Carbs: 24g
Fibre: 4g
Protein: 1g