

ROASTED YAMS

Time: 50 minutes

Serves: 4

Ingredients:

600g (approx. 1 large) yam - peeled and cubed to 2cm
20g grapeseed or other neutral-flavoured oil
3 large cloves garlic - finely chopped or grated
3g kosher salt
0.5g fresh ground black pepper
6 green onions - green portion only - sliced

Preparation:

Preheat oven to 400F.

In a bowl, toss all ingredients except green onions.

Spread on a baking sheet and place in oven for 35 minutes, turning once at halfway point.

Serve garnished with green onion.

Nutritional Information Per Serving:

Calories: 227
Fat: 5g
Carbs: 43g
Fibre: 6g
Protein: 3g