

Yam Oven Fries

2 servings

Ingredients

1½ - 2lbs yams

½ T limejuice

1 T olive oil

½ t kosher salt (or any of the wonderful salts available today that are slightly coarser than table salt)

½ t freshly ground pepper

Directions

Preheat the oven to 375°

Peel & cut the yams into ½" rods.

Place in a large bowl and drizzle the limejuice over – or simply squeeze ½ a lime directly over the yam rods.

Toss really well, until there's a bit of juice on all the rods.

Drizzle the rods with the olive oil.

Once again toss really well. This tossing is why you only need to use 1T. It goes a long way if you give it a chance!

Sprinkle with the salt & pepper and toss a few more times.

Line a large baking sheet with parchment.

Arrange the yam rods on it in a single layer.

Cook for 25 minutes.

Remove from the oven, and turn the fries over.

Return to the oven and cook for another 10 minutes.

Serve just as they are or with a bit of zesty mayo.

Zesty Mayo:

⅓ c mayonnaise or light mayonnaise

2 T lemon juice

¼ t chili powder (or zest it up using Chipotle powder)

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