SPICY SWEET YAM FRIES

Recipe By : Shirley Scrafford  
Servings : 4

Ingredients

1 1/2 pounds yams -- peeled and cut into 1/2"slices then in strips  
2 Tablespoons Suriny rice bran oil  
1 Tablespoon fresh rosemary -- chopped  
1 Tablespoon brown sugar  
1 teaspoon garlic powder  
1/4 teaspoon cayenne pepper  
salt and pepper -- to taste

Prepare barbecue (medium heat) or preheat oven to 375.

Place potatoes in 13x9x2-inch baking dish. Add oil, chopped fresh rosemary, brown sugar, garlic powder, and cayenne pepper to potatoes. Sprinkle potatoes with salt and pepper; toss to coat.

Place in a single layer on the barbeque grill or on a baking sheet. Grill for about 15 – 20 minutes, turning as needed or bake at 375 for about 25 minutes. Transfer potatoes to bowl, season to taste with salt and pepper, and serve.

Note: To save time and hassle, cut the potatoes in rounds.

Per Serving : 272 Calories; 7g Fat (23.1% calories from fat); 3g Protein; 50g Carbohydrate; 7g Dietary Fiber; 0mg Cholesterol; 17mg Sodium.

Exchanges: 3 1/2 Grain(Starch); 1 1/2 Fat; O Other Carbohydrates.