

## **Fruit-Topped Yams**

*Serves 8.* This recipe provides each person with more than one “5 A Day” serving.

This Kwanza recipe has toppings more healthful and refreshing than the traditional marshmallows and brown sugar.

4                    pounds yams (sweet potatoes may also be used)  
½                    cup golden raisins  
1                    crisp red or green apple, cored and diced (leaving the peel on is fine)  
2 Tbsp.            pecans, roughly chopped

Preheat oven to 375 F. Poke a few fork-holes in each yam and bake them until very soft, about one hour and 15 minutes. For the last 7 minutes of baking, toast the pecans in the same oven after spreading them on a small baking sheet. Let the yams cool for 15-20 minutes, then scoop out the contents and mash them with a large fork. Gently stir in the raisins, apples and pecans. Transfer to a decorative dish and serve.

Nutritional Analysis Per Serving:

- 119 calories, 26 grams carbohydrate, 1 gram protein, 1 gram fat, 0 grams saturated fat, 0 milligrams cholesterol, 9 milligrams sodium, 2 grams fiber
- 10% calories from fat
- 1 ½ “5 A Day” servings per person