



Spicy Yam "Fries"

Courtesy LadyFingers Private Chef and Catering Service
6 servings

Ingredients:

- 3 large yams
- 3 tablespoons coconut oil
- 1 teaspoon Hungarian paprika
- ¼ teaspoon garlic powder
- ¼ teaspoon onion powder
- cayenne pepper, to taste

Instructions:

1. Heat oven to 400 or heat grill to medium.
2. Peel yams and slice into narrow spears.
3. Combine coconut oil and seasonings in a large bowl.
4. Add potato spears to bowl and toss with your hands to thoroughly coat.
5. Spread potatoes evenly on a large baking sheet.
6. Place potatoes in oven, or if using grill, place potatoes on TOP rack.
7. Bake/grill for 10 minutes.
8. If grilling, keep your eye on the browning process as all grills are different and some grills may brown the potatoes very quickly. If browning does happen quickly, turn the temperature of the grill down.
9. Using a wide spatula, turn potatoes and bake/grill for another 10 minutes.