

Yummy Yams

1 (29 ounces) can yams
3 tablespoons brown sugar
2 tablespoons margarine
 $\frac{1}{2}$ teaspoon cinnamon
 $\frac{1}{4}$ teaspoon salt

Makes 6 portions, $\frac{1}{2}$ cup each

Per portion

Calories: 213
Carbohydrate: 43 grams
Protein: 2 grams
Fat: 4 grams
Saturated fat: 1 gram
Cholesterol: 0
Sodium: 155 milligrams
Dietary fiber: 6 grams

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1. Preheat oven to 350°.
 2. Drain and save half of liquid from yams.
 3. Add remaining ingredients, including saved liquid, to large bowl.
 4. Mash with fork or potato masher until smooth.
 5. Bake at 350° for 25 minutes until heated thoroughly.