

NYBG

EDIBLE ACADEMY JUNETEENTH WEEKEND CULINARY RECIPES

BAKED YAM (GARNET) FRIES

By Marion Williams, Wellness in the Schools
Serves 4 ppl (4 pieces per person)

Ingredients

- 6 Garnet Yam Medium length
(Peeled and cut into 1/4" rounds)
- 4 garlic cloves, minced
- 1/2 cup olive oil
- 1/2 cup fresh oregano leaves, finely chopped
- Salt to taste
- 1/4 tablespoons white pepper, fresh ground medium

For the salad:

- 2 heads lettuce or equivalent mixed greens (spinach, kale, etc.), washed and spun dry in a salad spinner; roughly chopped.
- Edible flowers, as available: chive, nasturtium, violas, pea flowers, etc. Add according to taste and size, e.g. 1 Tablespoon chive flowers versus 1 cup nasturtium.

Optional:

- 1/2 cup of nuts or seeds, such as crushed almonds or sunflower seeds.



Instructions

Preheat the oven to the broil setting (500°F)

On a stovetop in a pan, warm olive oil, then remove from heat. Add in the chopped garlic, stir and set aside.

Brush the olive oil/garlic mixture onto the baking sheet spreading the oil thinly over the entire pan. Place the yams onto the pan, and brush the top with remaining oil/garlic. Add seasoning (oregano, salt, pepper).

Turn oven down to 400°F. Place the pan in the oven. Check every 5 to 6 minutes and flip any yams that are cooking faster than others. After 15 minutes or after the yams baked (tender inside but browned/crunchy on the outside) remove from oven, place on dry parchment.