

Roasted Yams with Mushrooms and Tomatoes

Ingredients:

1 lb yams, cut widthwise into
1" thick pieces
2 C sliced mushrooms
1 1/2 C grape tomatoes
1 Tbsp sunflower oil
1 clove garlic, crushed
1 tsp fresh thyme, chopped
1 tsp fresh parsley, chopped

Preparation:

Preheat oven to 400 degrees F. Combine oil, garlic, thyme and parsley. Season according to taste. Add yams, button mushrooms and tomatoes. Coat well. Bake in a non-stick pan for 1 hour until yams are soft and browned. Serve hot as an accompaniment to roasted or barbecued meats and poultry. It is also great as a full meal for two with a chunky salad, a soup and lots of crusty bread.

Makes 6-8 Servings

