

Pineapple-Orange Yams

Servings: 16

Ingredients:

- Zest of one orange , finely chopped
- 3 pounds of yams, peeled and cubed to "dice" size
- $\frac{1}{2}$ c. brown sugar
- 1 can pineapple tidbits with juice
- $\frac{1}{2}$ c. butter

Directions:

1. Combine yams, orange zest, brown sugar and pineapple in a large bowl and mix well.
2. Pour yam mixture into a casserole dish
3. Cut the butter into Tbl. size pieces and arrange over top of yams
4. Cover with casserole lid, or foil
5. Bake at 400-degrees for ~60-minutes.

Nutrition: (Serving size: $\frac{1}{2}$ cup)

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| <i>calories:</i> 140 | <i>protein:</i> 1.4g | <i>total carbohydrate:</i> 21.7g | <i>total fat:</i> 5.9g |
| <i>sugars:</i> 11.8g | <i>sodium:</i> 66mg | <i>dietary fiber:</i> 2.4g | <i>saturated fat:</i> 3.7g |