

Thanksgiving with Tyler Florence – Florence Mama’s Candied Yams

From the “Celebrate the Holidays with Better Homes and Gardens” iPad application



For Tyler, it wouldn't be Thanksgiving without candied yams from Florence Mama, his late grandmother. The recipe is as generous with butter and citrus as it is with heritage charm.

Prep: 25min.

Bake: 1 hr.

Oven: 350 degrees F

Stand: 15 min.

3 lb. sweet potatoes, peeled and sliced crosswise in 1/4-inch-thick rounds

1 cup (2 sticks) unsalted butter

1 cup light brown sugar, packed

3 cinnamon sticks

1/2 tsp. ground nutmeg

1 tsp. kosher salt

1 orange, thinly sliced into rounds

Thanksgiving with Tyler Florence – Florence Mama’s Candied Yams

From the “Celebrate the Holidays with Better Homes and Gardens” iPad application

1. Preheat oven to 350 degrees F. In an ungreased 2-quart baking dish place sweet potato slices, overlapping slightly and covering the dish. In a saucepan, melt butter over low heat. Stir in brown sugar, cinnamon, nutmeg, and salt. Cook until sugar is dissolved, then add the orange slices. Pour the mixture over the potatoes, covering the entire surface.

2. Cover the dish tightly with foil. Bake 40 minutes, or until the sweet potatoes are tender when pierced with a fork. Remove foil and bake 20 to 25 minutes more or until the top is golden brown. Let stand 15 minutes before serving. Makes 8 to 10 servings + leftovers.

Each serving: 309 cal, 15 g fat, 41 mg chol, 230 mg sodium, 42 g carbo, 4 g fiber, 2 g pro.