



INGREDIENTS

- 4 Pounds White Yam
- Water
- Salt (optional)

DIRECTIONS

1. Cut the yam tuber into manageable sections and use a sharp knife to remove the thick brown skin. Rinse thoroughly to remove dirt and sap.
2. Slice the peeled yam into uniform sized chunks.
3. Wash the yam pieces again in clean water and drain using a colander.
4. Place yam pieces into a pot and add enough water to cover the yam.
5. Add salt if desired.
6. Cover and cook on medium heat for 20–30 minutes.
7. Insert a fork or knife into the yam to test for doneness. It should slide in easily without resistance.
8. Drain excess water and serve hot.

MEAL PATTERN CONTRIBUTION

 Vegetable

MEAL TYPE

 Breakfast

YIELD

10 Cups

PORTION SIZES

Toddler: ¼ Cup

Preschool: ½ Cup

School Age: ½ Cup

Adult: ½ Cup