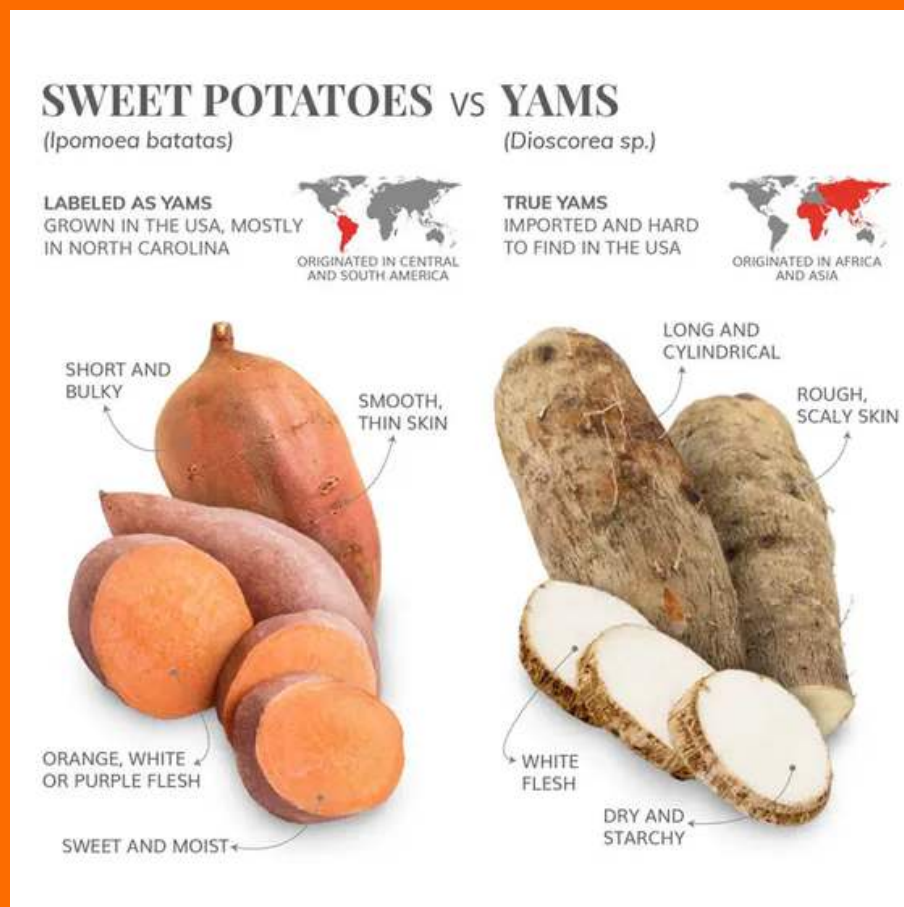


# I YAM!

Yams are starchy, tuberous root vegetables native to Africa and Asia. Often confused with sweet potatoes, true yams have rough, scaly skin and white, purple, or reddish flesh, depending on the variety. They are a staple food in many tropical regions, valued for their versatility, long shelf life, and high carbohydrate content. Yams can be boiled, roasted, fried, or pounded into a dough-like dish called "fufu" in West African cuisine. Rich in fiber, potassium, and essential vitamins, yams play an important role in traditional diets and cultural practices around the world.



# TRY THESE RECIPES

*Click on the image to follow the link*

*Sweet Potato and Apple  
Soup*



*Oven Baked Sweet  
Potato Fries*



*Black Bean and Sweet  
Potato Quesadillas*



*Chana with Sweet Potatoes*



*Sweet Potato Cheesecake*



*Sweet Potato Pancakes*

