

# Yam Casserole

*Here is an amazingly easy and delicious dish that takes minutes to prepare once the yams are baked. The casserole can be prepared a day or two ahead and baked before serving.*

- 5 large garnet yams
- 1/2 cup finely chopped almonds
- 1 cup bread crumbs, preferably whole grain (2-3 pieces of bread, crumbled between your hands)
- 3-6 tablespoons soft spread such as Spectrum Spread OR canola oil

Prewarm oven to 375°. Place the yams on a flat baking dish or a cookie sheet covered with baking paper or foil. Bake them in a 450° oven for about 45-60 minutes, or until they are soft when squeezed. Preheat oven to 375°. Remove skins and mash yams with a fork or potato masher until they are fluffy and smooth. Spoon yams into an oiled shallow baking dish about 9" x 13" and smooth the top.

Topping: Measure nuts and set them aside. Over moderate heat warm Spectrum Spread/canola oil in a skillet, and add bread crumbs and nuts, stirring thoroughly until the mixture is well blended. Sprinkle the topping mixture evenly over the mashed yams.

Bake uncovered at 375° for 30 minutes or until yams are heated through, and the topping is lightly browned. Serves 4-6

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