

Baked Yams

Yams are another wonderful spleen nourishing food, warming and orange in color, mildly sweet. Yams are also beneficial to the kidney system. This is comfort food at its simplest.

2 Yams (my favorite are the red jewel yams, but any will do)

Preheat your oven to 450 degrees.

Wash the yams thoroughly. Prick the skin 3-4 times with a fork, and place them on a foil-lined baking sheet. Place in the heated oven and bake for 1-1 ½ hours until they are tender when pierced with a fork.

Yams are yummy without any other steps, but if you desire, you may slice your cooked yam and add butter, salt, pepper and/or nutmeg to taste. I eat them skin and all. It is advisable to cook extra – they are equally delicious at room temperature the next day. This makes 2 servings.