

Maple Glazed Yams & Cranberries

Prep Time	Cook Time	Total time
15 mins	45 mins	1 hour

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Recipe type: Soups, Salads & Sides; Holiday Baking
Serves: 12 servings

Ingredients

- 3-4 large yams, peeled
- ½ cup pure maple syrup
- ¼ cup brown sugar
- 6 Tbsp. butter
- 2 tsp. fresh orange zest
- ¼ cup fresh squeezed orange juice
- 1 tsp. cinnamon
- ¼ tsp. ginger
- 2 cups fresh cranberries
- Salt, to taste

Instructions

1. Preheat oven to 350°.
2. Bring a large pot of water to boil. Meanwhile peel the yams with a potato peeler. Place yams in boiling water for 3 minutes, no longer, then remove from boiling water.
3. Slice yams in half lengthwise. Then slice into ¼ inch slices. In 9 x 13 casserole dish or decorative baking dish, place slice yams in a single layer. Sprinkle with salt. Then place second layer of sliced yams on top, and again sprinkle with salt.
4. In a small saucepan, add butter, maple syrup, brown sugar, orange juice, zest, cinnamon and ginger. Heat over medium low heat until butter is melted. Add cranberries and simmer for about 5 minutes.
5. Pour cranberries and sauce evenly over sliced yams, making sure each yam is covered with the sauce. Cover the dish with aluminum foil.
6. Bake for 45 minutes or until yams are tender when pricked with a fork. Half way through baking, use a spoon and drizzle the glaze over the top of the yams to keep them moist and repeat when removing from oven.

Notes

Boiling the yams for 3 minutes softens them just enough and reduces baking time by 30 minutes. Don't boil them more than 3 minutes though or they will result in a mushy yam texture.
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