



RECIPES

Roasted Yams with Coriander Pesto

2 lbs garnet or jewel yams
2 Tbsp. lemon juice
4 Tbsp. Safflower oil

Pre-heat oven to 350 degrees. Peel and cut yam into ½ inch slices. Place into a bowl, cover with iced water and lemon juice. Leave for 5 minutes, drain and pat dry. Heat oil in a deep glass, ceramic, or stainless baking dish on top of the stove over med/high heat. Add yam, lightly coat with oil and place dish into oven. Bake 30 minutes until golden. Remove; keep warm.

Coriander Pesto

2/3 cup raw pine nuts
1 lb jar pimento pieces, drained
1 elephant garlic clove
½ bunch cilantro (coriander)
2 teaspoons lime juice
2 Tbsp. E.V. olive oil
Dash of Real Salt

Place pine nuts, pimento, garlic, cilantro, juice, salt, and oil into food processor. Using pulse action process for 30 seconds or until smooth. If mixture is too thick, add more oil. Cover and set aside. Arrange yam rounds on a decorative platter and top each one with a dollop of pesto. Serve warm or chilled.