

# GRILLED YAM WEDGES

Yield: 4 Servings



**TOTAL TIME:** 20 minutes

## INGREDIENTS

- 4 medium (about 2¼ lbs.) yams, ends trimmed
- 2 Tbsp. Wegmans Basting Oil

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## PREPARATION

Preheat grill on medium for 10 min.

1. Clean grill with wire brush. Using soft cloth, coat grill grate lightly with vegetable oil.
2. Slice yams into wedges and baste with basting oil. Grill 15 min. or until tender, turning occasionally.

## NUTRITION

**Per serving:** Calories: 220; Fat: 5 g (0 g saturated fat); Cholesterol: 0 mg; Carbohydrates: 42 g; Protein: 3 g; Fiber: 5 g; Sodium: 25 mg.

Recipe courtesy of Wegmans