

## Yams

[Yam Recipes - Allrecipes.com](#) [Sweet Potatoes vs Yams: What's the Difference? Yam - Wikipedia](#)

[Yams Candied Yams Recipe - Allrecipes.com](#) [Candied Yams Recipe | SimplyRecipes.com](#) [Classic Candied Yams Recipe - Southern Living](#) [Yam Recipes - Food Network | Food Network](#) [Yams nutrition facts and health benefits Yam \(vegetable\) - Wikipedia](#) [What is the difference between sweet potatoes and yams ...](#) [How to Cook Yams | Better Homes & Gardens](#) [The Difference Between Sweet Potatoes and Yams](#) [What's the Difference Between Yams and Sweet Potatoes ...](#) [Baked Candied Yams - Soul Food Style! | Heart Recipes](#)

[Yam Recipes - Allrecipes.com](#)

Yam is the common name for some plant species in the genus *Dioscorea* (family Dioscoreaceae) that form edible tubers. Yams are perennial herbaceous vines cultivated for the consumption of their starchy tubers in many temperate and tropical world regions, especially Latin America, Africa, Asia, and Oceania.

[Sweet Potatoes vs Yams: What's the Difference?](#)

Do you know the difference between a yam and a sweet potato? Most grocery stores offer two similar-looking tubers — some labeled as yams, and some as sweet potatoes. Would you be surprised if I told you that all those times you thought you were eating yams, you were likely eating a sweet potato ...

[Yam - Wikipedia](#)

Voici une sélection de jeux de yams.Tous les jeux de yams suivant sont réalisés en flash et peuvent donc être jouer sans aucun téléchargement. Le but du jeu de yams est d'aligner le maximum de combinaisons possible de 5 dés comme une suite ou un carré le plus rapidement possible.

[Yams](#)

[Inspiration and Ideas Tips & Tricks Sweet Potatoes vs. Yams.](#) Yams are tubers, sweet potatoes are root vegetables—and you're almost certainly eating orange sweet potatoes in North America.

[Candied Yams Recipe - Allrecipes.com](#)

[Authentic Soul Food Style Baked Candied Yams!](#) It's been a long time coming, but the time is here- and I MUST share my recipe for some good old fashioned baked candied yams, soul food style!

[Candied Yams Recipe | SimplyRecipes.com](#)

Alton Brown discusses the difference between sweet potatoes and yams with nutritional anthropologist Deb Duchon. It turns out sweet potatoes are not merely potatoes that happen to be sweet.

[Classic Candied Yams Recipe - Southern Living](#)

Yams are also a tuber vegetable. Their scientific name is *Dioscorea*, and they originate in Africa and Asia.They are now commonly found in the Caribbean and Latin America as well. Over 600 ...

[Yam Recipes : Food Network | Food Network](#)

Yams are similar in appearance to sweet potatoes.However, they are not at all related to it. Some major differences that set them apart from sweet potatoes: yams are monocotyledons, larger in size, features thick, rough, dark brown to pink skin depending upon the cultivar type.

[Yams nutrition facts and health benefits](#)

Plants and foods. Yam (vegetable), common name for members of *Dioscorea* Sweet potato, specifically its orange-fleshed cultivars, often referred to as yams in North America ...

[Yam \(vegetable\) - Wikipedia](#)

A staple in African cuisine, yams are most often boiled, roasted or fried.Their long shelf life of 6 months allows them to be a dependable food source during times of poor farming—the yam is a much more difficult crop to harvest than the sweet potato.

[What is the difference between sweet potatoes and yams ...](#)

Canned yams are glazed with butter and brown sugar, topped with marshmallow, and baked in this satisfying Thanksgiving classic.

[How to Cook Yams | Better Homes & Gardens](#)

Candied yams are a classic Southern side dish, especially when it comes to Thanksgiving. Even though Mama makes the same sweet potato casserole every year, she won't be offended if you bring these candied yams once she tries them.

[The Difference Between Sweet Potatoes and Yams](#)

Thanksgiving may be the most popular time to serve yams, but you can cook up this tasty and super-versatile veggie year-round. To help you take advantage of this nutritious superfood, we gathered our best tips and yam recipes, including casseroles, fries, baked yams, yam desserts and candied yams.

[What's the Difference Between Yams and Sweet Potatoes ...](#)

Yams are closely related to lilies and grasses. Native to Africa and Asia, yams vary in size from that of a small potato to a record 130 pounds (as of 1999). There are over 600 varieties of yams and 95% of these crops are grown in Africa. Compared to sweet potatoes, yams are starchier and drier. The ...

[Baked Candied Yams - Soul Food Style! | Heart Recipes](#)

Candied yams, garnet sweet potatoes, glazed with a brown sugar, ginger, cinnamon, orange sauce. Perfect for Thanksgiving and the holidays!

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