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# Stuffed Kumara

## Summary

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| **Yield** | Servings |
| **Source** | wailana |
| **Prep time** | |
| **Cooking time** | 30 minutes |
| **Total time** | 30 minutes |

## Description

Kumara, or orange yam, has long been a staple food for the Maoris of New Zealand. Its vibrant color and sweet flavor make an attractive and delicious addition to any meal.

Image not found
http://www.wailana.com/sites/default/files/recipe/stuffed-sweet-potatoes_library.jpg
Stuffed Kumara - Wai Lana Recipe

## Ingredients

2
Medium yams
1 Tbsp
Butter
1?2 Tbsp
Fresh thyme, chopped
2 Tbsp
Fresh chives, chopped
1?4 tspn
salt, or to taste
1 pn
Freshly ground black pepper
ds
Grated cheese for topping

## Instructions

1. Wash the yams and prick with a fork. Place on a baking tray and bake at 400°F for 1 hour, or until soft when gently squeezed.
2. Cut in half lengthwise and carefully scoop the flesh out into a bowl, being careful not to break the skins. You may find it helpful to hold the yams in a cloth. Add the butter and mash well. Add the thyme, chives, salt, and pepper to taste and mix well.

3. Spoon the mixture back into the skins, piling up slightly in the center. Sprinkle with grated cheese if desired and return to the oven for about 10 minutes, or until the cheese is melted and the yams are heated through.

## Notes

Nutritional Information Per Serving:
Calories: 205, Fat 3.2g (28 cal), Carbohydrate 42g (168 cal), Protein 2.3g (9 cal)
Added information: Saturated Fat 1.9g, Cholesterol 8mg, Sodium 161mg, Dietary Fiber 6.2g

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**Source URL:** http://www.wailana.com/lifestyle/recipe/stuffed-kumara