

Diet

The diet of the Igbos at the time of this story was wide-ranging and healthy. They fished; they hunted game. They harvested a wide range of vegetables, nuts, fruit, and yams. Yams were their staple food.

Healthy recipe Yam bake (serves 4-6)

Ingredients

3-3 ½ lbs. yams, peeled and cut into 2-in. pieces
½ cup healthy vegetable oil
¼ cup honey
2 tsp. lemon juice
Salt/pepper to taste

Directions

1. Preheat oven to 350 degrees.
2. Pat all the potato cubes thoroughly dry.
3. Arrange the sweet potato cubes (if possible in a single layer) in a lightly-oiled large baking dish.
4. Stir together oil, honey and lemon juice and pour over the sweet potatoes; toss well to coat.
5. Sprinkle with salt and lots of black pepper.
6. Bake uncovered until just fork-tender stirring and turning as needed (about 40 minutes; avoid overbaking the potatoes or they will be too soft).
7. Serve this with Nigerian peanuts or cashews, and a side of fish or meat.