



Harvest of the Month Recipes at Home



Chili Roasted Sweet Potatoes

A fun, healthy recipe for students and families to enjoy together!

Ingredients (Serves 4–6):

- 3 large sweet potatoes, peeled and cut into 1-inch cubes
- 1 ½ tablespoons chili powder
- 1 tablespoon ground cumin
- ½ teaspoon garlic powder
- 1 teaspoon salt
- 2 tablespoons olive or vegetable oil



Sweet Potatoes come in all different colors, shapes and sizes. Pick your favorite or try something new.

Instructions:

1. Preheat oven to 400°F.
2. Peel sweet potatoes and cut into 1-inch cubes.
3. In a small bowl, mix chili powder, cumin, garlic powder, and salt.
4. Place potatoes in a large bowl. Add oil and sprinkle seasoning on top. Toss to coat.
5. Line a baking sheet with parchment or lightly spray with cooking oil. Spread potatoes out in a single layer.
6. Bake for 25–30 minutes, stirring halfway, until edges are crisp and centers are tender.
7. Serve warm as a side dish or snack!

Family Tips:

- Add a drizzle of honey for a sweet-and-spicy twist!
- Serve with grilled chicken, tacos, or eggs.
- Younger kids can help wash potatoes, measure spices, stir, and set the timer.
- Older kids can assist with peeling and cutting.

Why We Love It:

Sweet potatoes are packed with Vitamin A, fiber, and natural sweetness. This recipe helps encourage students to try new flavors and enjoy veggies at home!

Dover Area School District School Nutrition Department • Encouraging Healthy Eaters!

For questions, contact Kelly Renard at krenard@doversd.org
HOM Sweet Potato Recipe 12.2025