

ROASTED SWEET POTATOES



Ingredients & Scaling:

Ingredients	6 Servings	12 Servings	24 Servings	48 Servings
Sweet potato, large	2	4	8	16
Pure maple syrup	1/2 cup	1 cup	2 cups	4 cups
Paprika	2 tsp	4 tsp	2 Tbsp + 2 tsp	5 Tbsp + 1 tsp
Lime, large	1/2	1	2	4

Tbsp = tablespoon tsp = teaspoon

Preparation:

1. Preheat oven to 400°F. Cover a large baking sheet with foil & lightly coat with cooking spray. Spread potatoes evenly on sheet & add 1 cup water. Cover pan with aluminum foil. Cook 25 minutes, or until fork-tender.
2. Meanwhile, in a medium bowl, combine maple syrup, paprika & lime juice. Whisk until thoroughly combined. Set aside.
3. Carefully remove pan from oven & pour out remaining water. Add syrup chili mixture to pan & mix well to coat potatoes. Return pan to oven & bake an additional 15 minutes. Serve hot.



Cook Time: 20 min

CACFP Guidelines

1/4 cup serving provides
1/4 cup equivalent vegetable

• TIP •

*Prefer a less sweet taste?
Skip the syrup for a delicious,
savory twist.*

Nutrition Facts

variable servings per recipe

Serving size 1/4 cup (103g)

Amount per serving

Calories **90**

% Daily Value*

Total Fat 0.5g **1%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 30mg **1%**

Total Carbohydrate 23g **8%**

Dietary Fiber 0g **0%**

Total Sugars 18g

Includes 18g Added Sugars **36%**

Protein 0g

Vitamin D 0mcg **0%**

Calcium 10mg **0%**

Iron 0.4mg **2%**

Potassium 80mg **2%**

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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SWEET POTATOES



Health Benefits

Sweet potatoes are rich in fiber, vitamin A & slow-digesting carbs that support digestive & eye health. Paired with pure maple syrup, a natural sweetener with antioxidants, the dish becomes flavorful & nourishing. Paprika, made from dried peppers, adds mild heat & may offer anti-inflammatory benefits. A squeeze of lime adds vitamin C & brightness without extra salt or fat.



History

Sweet potatoes have been grown by Indigenous peoples in Central & South America for over 5,000 years. In the southeastern U.S., tribes like the Choctaw & Creek used them in sweet & savory dishes, often roasted or boiled. Though sometimes confused with yams, sweet potatoes are sweeter & softer, while yams, native to Africa & Asia, are starchier. The term “yams” in the Americas came from enslaved Africans who likened sweet potatoes to the yams they knew.

Maple syrup originates with northeastern woodland tribes like the Abenaki & Ojibwe, who tapped sugar maples in spring & boiled the sap into syrup or sugar cakes for year-round use. Both sweet potatoes & maple syrup were prized not only for taste but for the energy & nutrition they provided & are foods harvested with care & purpose.



Culture

Using sweet potatoes & maple syrup reflects Indigenous respect for seasonal foods, land stewardship & careful harvesting. While paprika isn't native to North America, it comes from chili peppers, first domesticated in the Americas & later spread globally. Its inclusion shows how traditional ingredients blend with global influences while retaining cultural meaning.

Varieties

Indigenous communities grew various sweet potatoes (orange, white & purple) each with unique flavor & texture. Maple syrup was used as syrup, granulated sugar, or solid cakes & stored for year-round use. Paprika ranges from sweet & smoky to spicy, making this recipe easy to adapt to regional tastes or school nutrition needs.

Works Cited



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Recommended Kids Books:

- *At the Mountain's Base* - By Traci Sorell
- *Chickadee* - By Louise Erdrich
- *Sweet Potato Pie* - By Kathleen D. Lindsey
- *Maple Syrup from the Sugarhouse* - By Laurie Lazzaro Knowlton
- *Green Is a Chile Pepper: A Book of Colors* - By Roseanne Greenfield Thong
- *Thank You, Omu!* - By Oge Mora

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