



SEPTEMBER 2025

## CHILI POWDER



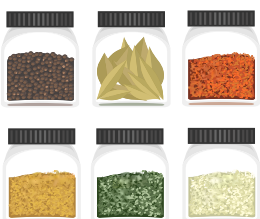
Each month from February to November, we'll offer a free "take-and-make" spice kit highlighting a different spice, herb, or blend. Each kit includes a small portion of the featured spice, enough for the suggested recipes on the back page. Kits will be available starting the first Monday of the month at the Adult Services desk at both Harnish and Eastgate branches. Supplies are limited. Please take one kit per household. After trying the recipes, we'd love to hear from you! Share your photos, tips, or feedback at [info@aapld.org](mailto:info@aapld.org).

**Chili powder** is a blend of ground dried chilies and spices like cumin, garlic powder, oregano, and paprika, though in some countries it refers only to pure ground chilies. With a smoky, earthy, mildly spicy flavor, it is less fiery than pure cayenne or red pepper. Chilies, first cultivated over 6,000 years ago in Central and South America, have spread worldwide, and chili powder now holds cultural significance in Mexican, Indian, Thai, Korean, and Southwestern U.S. cuisines, symbolizing tradition, regional identity, and culinary heritage.

**Culinary Uses** Chili powder is a versatile spice widely used in Tex-Mex and Mexican cuisine, adding depth and gentle heat to dishes like chili con carne, tacos, enchiladas, soups, stews, rubs, and marinades. It enhances the flavor of meats and seafood when included in marinades. Beyond savory dishes, some chefs incorporate chili powder into chocolate desserts or hot cocoa for subtle warmth and complexity. It also works beautifully on roasted or grilled vegetables, in scrambled eggs, breakfast burritos, spicy omelets, and even snacks like popcorn, nuts, roasted chickpeas, or cheese spreads.

**Health Benefits** It contains vitamin A, vitamin C, potassium, and capsaicin (the compound that gives chilies their heat), which may boost metabolism and have anti-inflammatory effects.

**Cultural Facts:** Chili powder as a seasoning blend was invented in the late 1800s in Texas to make Mexican-inspired cooking more accessible in the U.S. Many countries, particularly the U.S. and Mexico, celebrate chilies with festivals, contests, and "chili cook-offs," highlighting its cultural importance.



**ALLERGEN WARNING** AAPLD is not responsible for any reactions or sensitivities to any spice. Please be aware that spices may contain or come into contact with common allergens like dairy, eggs, soybeans, tree nuts, peanuts, fish, shellfish, or wheat. Stay safe! Cook with caution.



## CHILI LIME TILAPIA

### Ingredients

- 2 tilapia filets (6–8 oz each)
- 1 tablespoon olive oil
- 2 tablespoons fresh lime juice + zest
- 1 teaspoon chili powder
- 1 teaspoon cumin
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper
- 1/16 – 1/8 teaspoon cayenne pepper
- lime wedges to serve

Garnish: fresh cilantro, chopped

### Instructions

- Preheat oven to 400°F (205°C) and line a baking sheet with parchment paper.
- Pat the tilapia filets with paper towels to absorb excess moisture and place them on the prepared baking sheet.
- In a small bowl, combine all ingredients and stir together until well combined.
- Generously coat the fish on all sides with the chili lime mixture.
- Bake for 12-15 minutes or until the edges begin to crisp and the fish flakes easily with a fork.
- Top with a sprinkling of lime zest and serve immediately with lime wedges on the side.

*Recipe and image Source:*  
[parchedaroundtheworld.com/articles/chili-lime-tilapia/](https://parchedaroundtheworld.com/articles/chili-lime-tilapia/)

## CHILI ROASTED SWEET POTATOES



### Ingredients

- 2 lbs. sweet potatoes
- 1 teaspoon chili powder
- 2 tablespoons olive oil
- 1/4 teaspoon salt (or to taste)

Garnish: fresh parsley, chopped

### Instructions

- Preheat the oven to 400°F. Line a baking sheet with aluminum foil.
- Wash and peel the sweet potatoes, then cut them into 1/2 inch cubes.
- Place the cubed sweet potatoes into a large bowl and drizzle with the olive oil, chili powder, and salt. Toss the potatoes until evenly coated in oil and spices.
- Spread the seasoned sweet potatoes out over the prepared baking sheet in a single layer. Roast the potatoes in the preheated oven for 45 minutes, stirring once halfway through.
- After 45 minutes, the sweet potatoes should be soft and slightly browned on the edges. Total cooking time will ultimately depend on the size of your cubes.
- Garnish with fresh parsley and serve.

*Recipe and image Source:*  
<https://www.budgetbytes.com/chili-roasted-sweet-potatoes/>