



Feeding My Baby

from cradle to table

Homemade Baby Food Recipes

Carrot Apple Puree

2 large apples, cored, peeled and chopped

5 carrots, peeled and chopped

Water

1. Fill a saucepan with about 1-inch of water and place a steamer basket inside.
 2. Cover with a lid and bring to a boil.
 3. Once it has reached a boil, remove lid and place chopped veggies on steamer basket.
 4. Cover and let steam until fork tender (about 20 minutes).
 5. Place cooked veggies into food processor or blender. Add water (may use what's remaining from the steamer basket), 1–2 Tablespoons at a time and blend to reach desired consistency.
 6. Remove infant's portion, and allow to cool before serving.
 7. Refrigerate or freeze leftovers in ice cube trays until frozen solid. Package in freezer-safe containers or plastic bags, and label.
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Mango, Pear, Spinach Puree

1 teaspoon olive oil

2 cups spinach

2 mangoes, peeled, cored and diced

2 pears, peeled, cored and diced

2 Tablespoons water, more as needed

1. Heat oil in a medium saucepan over medium heat
 2. Add spinach. Cook until wilted, stirring occasionally.
 3. Add diced mangoes, pears and 2 Tablespoons water to the saucepan. Cover with lid and heat 3–5 minutes until fruit is tender.
 4. Place spinach, mangoes and pears into food processor or blender. Process until smooth, adding water as needed.
 5. Remove infant's portion, and allow to cool before serving.
 6. Refrigerate or freeze leftovers in ice cube trays until frozen solid. Package in freezer-safe containers or plastic bags, and label.
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Cinnamon Quinoa and Fruit Puree

¼ cup dry quinoa

3 bananas, peeled and sliced

3 peaches or plums, peeled, pit removed and chopped

¼ teaspoon ground cinnamon

Water

1. In a small saucepan, prepare quinoa according to package directions.
2. Fill a separate saucepan with about 1-inch of water and place a steamer basket inside.
3. Cover with a lid and bring to a boil.
4. Once it has reached a boil, remove lid and place chopped peaches or plums on steamer basket.
5. Cover and let steam until fork tender.
6. Place prepared quinoa, peaches, bananas and cinnamon in a food processor or blender. Add water (may use what's remaining from the steamer basket), 1–2 Tablespoons at a time and blend to reach desired consistency.
7. Remove infant's portion, and allow to cool before serving.
8. Refrigerate or freeze leftovers in ice cube trays until frozen solid. Package in freezer-safe containers or plastic bags, and label.

Blueberry Banana Beet Puree

½ large beet, tops removed, peeled and chopped

1 cup blueberries

1 banana, peeled and sliced

Water

1. Fill a saucepan with about 1-inch of water and place a steamer basket inside.
 2. Cover with a lid and bring to a boil.
 3. Once it has reached a boil, remove lid and place chopped beets on steamer basket.
 4. Cover and let steam 15 minutes.
 5. Add blueberries to the steamer basket with beets; cover and steam 5 minutes or until fork tender.
 6. Place beets, blueberries and banana into food processor or blender. Add water (may use what's remaining from the steamer basket), 1–2 Tablespoons at a time and blend to reach desired consistency.
 7. Remove infant's portion, and allow to cool before serving.
 8. Refrigerate or freeze leftovers in ice cube trays until frozen solid. Package in freezer-safe containers or plastic bags, and label.
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Meals for the Whole Family

Broccoli

INFANT: **Broccoli Puree**

TODDLER/CHILD/ADULT: **Broccoli Tots**

Broccoli Puree

2 bunches broccoli (1.75 lb. each)

With a knife, cut broccoli head from stalks, and cut head into small florets; cut broccoli stalks into 1-inch pieces. Place stalks and florets in a microwave-safe bowl, add 1 Tablespoon water, and microwave 3–4 minutes, or until fork tender. Place half the cooked broccoli in the food processor, with all of the cooking liquid. Process until smooth, adding water if needed. Remove infant's portion, and allow to cool before serving. Refrigerate or freeze leftovers in ice cube trays until frozen solid. Package in freezer-safe containers or plastic bags, and label.

Broccoli Tots

1 bunch steamed broccoli, chopped

1 cup reduced-fat shredded cheddar cheese

½ teaspoon onion powder

1 teaspoon garlic powder

2 eggs

¼ cup cornmeal

½ cup panko crumbs

Preheat oven to 350°F. Using the leftover cooked broccoli pieces, drain any remaining liquid and squeeze broccoli with paper towels to remove as much moisture as possible. Place broccoli in a food processor and pulse into tiny pieces. Scrape broccoli into a bowl; add the remaining ingredients except panko crumbs; mix well. Form mixture into golf ball-sized balls and roll in panko crumbs. Place on a sprayed cookie sheet with non-stick cooking spray. Bake for 10 minutes; turn tots over and bake for an additional 7–10 minutes. Serve warm with your favorite dipping sauce.

Yield: 4 servings, about 3 tots each

Butternut Squash

INFANT: **Butternut Squash Puree**

TODDLER/CHILD/ADULT: **Butternut Mac and Cheese**

Butternut Squash Puree

1 large butternut squash (will use half)

Place squash in microwave and heat for 3-4 minutes to make squash easier to handle. Using a sharp chef's knife, cut off the stem and bottom end. Peel the squash with a vegetable peeler. Slice squash in half and scrape out seeds. Set aside half the squash for the Butternut Mac and Cheese recipe. Chop squash into 1" pieces, and place in a microwave-safe bowl. Add 1 Tablespoon water and microwave for 6-8 minutes, or until fork tender. Place cooked squash in a food processor and process until smooth. Remove infant's portion, and allow to cool before serving. Refrigerate or freeze leftovers in ice cube trays until frozen solid. Package in freezer-safe containers or plastic bags, and label.

Butternut Mac and Cheese

About 2 cups butternut squash puree

2-4 Tablespoons grated parmesan cheese

2-4 Tablespoons low-sodium chicken broth

2 cups cooked elbow macaroni noodles

Using the other half of butternut squash, chop squash into 1" pieces, and place in a microwave-safe bowl. Add 1 Tablespoon water and microwave for 6-8 minutes, or until fork tender. Place cooked squash in a food processor and process until smooth. Add cheese and enough broth to make a sauce. Process until smooth. Pour over cooked noodles.

Yield: 4 servings, ½ cup each

Chicken

INFANT: **Chicken Apple Puree**

TODDLER/CHILD/ADULT: **Hula Hoop Chicken Salad Sandwiches**

Chicken Apple Puree

2 lbs. boneless, skinless chicken breast

2-3 Tablespoons unsweetened applesauce

Fill a large saucepan with two-thirds water and bring to boil. Add chicken breast and boil for 10-15 minutes or until internal temperature of chicken reaches 165°F. Shred chicken with a fork or electric mixer. Set aside 4 cups shredded chicken for Hula Hoop Chicken Salad Sandwiches. Place the rest of the shredded chicken in a food processor. Add applesauce and process until smooth. (Add 1 Tablespoon or more of water if needed to reach desired consistency.) Remove infant's portion, and allow to cool before serving. Refrigerate or freeze the leftovers in ice cube trays until frozen solid. Package in freezer-safe containers or plastic bags, and label.

Hula-Hoop Chicken Salad

About 4 cups chicken breast, cooked, shredded

½ cup low fat mayonnaise

¾ cup light sour cream or non-fat plain yogurt

2 Tablespoons brown sugar

1 can (8 oz.) crushed pineapple, drained

2 stalks celery, diced

¼ cup walnuts, chopped

Combine mayonnaise, sour cream or yogurt, and brown sugar in a large serving bowl. Add pineapple, celery, cooked and shredded chicken, and walnuts. Stir to coat. Refrigerate and serve on top a whole grain roll or lettuce leaf.

Yield: 10 servings

Beans

INFANT: **Bean Puree**

TODDLER/CHILD/ADULT: **Beans and Rice**

Bean Puree

1 lb. dried beans (pinto, black, or kidney)

8 cups water

Sort beans discarding any shriveled. Rinse the beans and cover them with fresh water. Boil the beans (rapid boil) for at least ten minutes to remove phytohaemagglutinin (PHA), a natural toxin found in dried beans (heating in slow cooker won't destroy the toxin). Drain beans and place in slow cooker. Add water. Cover and cook on low for about 6-8 hours until beans soften. Drain any excess liquid, saving some for puree. Set aside 2 cups of cooked beans for Beans and Rice. Process remaining beans with 1–2 Tablespoons of saved liquid, if needed, to desired consistency. Remove infant's portion, and allow to cool before serving. Refrigerate or freeze the leftovers in ice cube trays until frozen solid. Package in freezer-safe containers or plastic bags, and label.

Beans and Rice

1 Tablespoon olive oil

1 small onion, chopped

2 garlic cloves or ½ teaspoon garlic powder

2 cups cooked beans

1 (14.5 oz.) can stewed tomatoes

1 teaspoon dried oregano

1½ cups cooked brown rice

In a large skillet, heat oil over medium-high heat. Add onion and garlic. Cook and stir 3 to 4 minutes. Add cooked beans, tomatoes, and oregano and simmer 5 minutes. Serve over rice. (Variation: Instead of rice, serve in warm tortillas topped with shredded cheese and sour cream.)

Yield: 8 servings

Sweet Potato

INFANT: **Sweet Potato Puree**

TODDLER/CHILD/ADULT: **Chicken and Sweet Potato Foil Packet**

Sweet Potato Puree

1 large sweet potato

Using a fork, poke holes in potato and place on a microwave-safe plate. Microwave for 5–8 minutes, or until fork tender. Cut potato in half and scoop out flesh with a spoon into a bowl. Mash with the back of a fork. Remove infant's portion, and allow to cool before serving. Refrigerate or freeze the leftovers in ice cube trays until frozen solid. Package in freezer-safe containers or plastic bags, and label.

Chicken and Sweet Potato Foil Packet

2 large sweet potatoes, peeled and diced

1 Tablespoon fresh rosemary

Black pepper to taste

4 boneless, skinless chicken breasts

1 cup sweet barbecue sauce

4 slices uncooked bacon

Preheat grill to medium heat. Lay out 4 squares of heavy-duty aluminum foil. Place one-fourth of the sweet potatoes on each square. Sprinkle potatoes with rosemary and black pepper. Lay down a chicken breast on each potato packet. Brush each chicken with ¼ cup barbecue sauce; then top with one slice of bacon. Fold each side of foil in. Place on grate and grill 30–40 minutes or until chicken reaches 165°F and potatoes are tender.

Yield: 4 servings
