

RECIPES

prepared
with love



Pear and Apple Puree

(First foods 4-6 months)

1 very ripe medium pear, peeled, cored and diced
1 sweet eating apple, peeled, cored and diced
2 T water
expressed breastmilk or formula to thin

Place the pear and apple in a small saucepan with the water. Cover with a tight-fitting lid and bring to a boil. Reduce the heat and simmer for 10-12 minutes, until very soft. Puree the fruits with the cooking water. Add expressed breastmilk or formula to thin. Makes 6-8 servings.

*From The Big Book of Recipes for Babies, Toddlers and Children
by Bridget Wanley and Judy More*

Chicken or Beef Stew

(for babies older than about 8 months)

1 boneless, skinless chicken breast or 1 pound lean beef, cubed
1 cup chicken or beef stock/broth
1 potato, diced
1 carrot, diced
1/2 cup peas
1 tomato, peeled (any vegetable could be added)

Place all ingredients in a covered saucepan and simmer gently for 30 minutes until tender. Puree until the texture is smooth and serve warm.

From 365 Foods Kids Love to Eat by Sheila Ellison and Judith Gray

Macaroni and Cheese

(Mashed meals for 9-12 months)

3/4 C macaroni
1 oz butter
2 T all-purpose flour
1 1/4 C milk
1 C grated cheese

Cook macaroni until soft or according to directions on package. Drain. Melt the butter in a saucepan and add in the flour. Cook for about 2 minutes over low heat – don't let the flour turn brown. Pour the milk in slowly while stirring with a spoon or whisk. Keep stirring until you have a smooth sauce. Bring to a boil, reduce heat and simmer gently for 2-3 minutes, until sauce thickens. Remove from heat and stir in grated cheese and cooked macaroni. Cut the macaroni into smaller pieces with a fork if necessary. Makes 4-6 servings.

*From The Big Book of Recipes for Babies, Toddlers and Children
by Bridget Wanley and Judy More*

Baked Apple and Potato Pie

3/4 cup cooked sweet potato
1 red apple, peeled and sliced
1/4 cup milk, formula or water from cooked vegetables
wheat germ

Preheat oven to 350 degrees. Spray a small ovenproof dish with cooking spray. Layer apple slices and potato slices in alternate layers. Pour liquid over the top and sprinkle with a little wheat germ. Cover and bake for 30 minutes. Mash with a fork before serving. The rest of the family will enjoy this dish also—just leave out the mashing part!

From 365 Foods Kids Love to Eat by Sheila Ellison and Judith Gray

Tarragon Roast Chicken with Root Vegetables

1 roasting chicken (4-5 lbs)
10 garlic cloves, peeled
4 fresh tarragon sprigs or 2 tsp of dried
2 medium onions, peeled and quartered
6-8 carrots peeled, halved and quartered
3 medium potatoes, peeled and quartered
1/4 tsp salt (optional)
1/2 tsp freshly ground pepper (optional)
1 tsp paprika (optional)

Preheat oven to 450 degrees. Remove neck and giblets; rinse chicken inside and out with cold water. Drain cavity and pat dry with paper towel. Stuff chicken with garlic and tarragon. Place chicken in a shallow roasting pan with cut up vegetables around it. Sprinkle with the seasonings if desired. Place chicken in oven and lower temp to 350 degrees. Roast for 20 minutes per pound, being sure to briskly shake the roasting pan occasionally so the vegetables don't stick to the bottom and brown nicely on all sides.

For babies under 1 year: Puree a slice or two of chicken breast in a food processor with enough liquid (low-salt stock, water or formula) to make a creamy consistency. Puree or mash roasted carrots and potatoes and swirl in. Bigger babies will enjoy chunks of roasted vegetables and finely diced chicken as finger foods.

From Mommy Made (and Daddy too) by Martha and David Kimmel



COLUMBIA
CENTER

The little things make us special

262.243.7408

www.columbiacenter.org