



Episode Two

Simple Baby Food Recipes

**Featuring recipes from
Katherine Emmenegger of Great News! Cooking School**

SWEET POTATO

Makes about 3 to 4 portions

Preheat the oven to 375° F.

1 large sweet potato, washed and poked with a fork or knife

Place the potato on a parchment lined sheet tray and roast for 30 to 40 minutes or until the center is soft.

Transfer from the oven, let cool for 10 minutes, slice the potato in half and scrape out the flesh with a spoon. Place the potato flesh in a bowl and mash.

BEEETS AND POTATOES

Makes about 4 portions

3 medium beets, peeled and cut into small cubes

1 small Russet potato, peeled and cut into small cubes

2 cups vegetable stock

In a saucepan, over medium heat, combine all ingredients and simmer for about 30 minutes; until the vegetables are tender.

Transfer from the heat and cool slightly.

Mash or puree the mixture and serve.

APPLES AND PEARS

Makes about 2 to 3 portions

1 moderately ripe pear, washed, peeled, cored, and diced

1 Rome apple, washed, peeled, cored, and diced

1 cinnamon stick

1 1/2 cups water

In a saucepan, over medium high heat, combine all ingredients. Cover and simmer until tender. Remove and discard the cinnamon stick; mash or puree as desired to suit baby's stage.

ROASTED CARROT AND PEAR

Makes about 2 servings

Preheat the oven to 375° F.

1 large carrot, washed, peeled, trimmed, and diced

1/2 moderately ripe pear, washed, peeled, cored, and diced

Place both ingredients on a parchment lined sheet tray. Roast until tender, about 20 minutes.

Transfer from the heat and cool, mash well or puree.

BUTTERNUT SQUASH SOUP

Makes 4 to 6 servings

1 teaspoon grapeseed oil
1/2 small yellow onion, peeled and diced
1 cup chicken or vegetable stock
1 cup diced butternut squash
1 moderately ripe pear, washed, peeled, cored, and diced
1 pinch minced, fresh thyme leaves
1 pinch minced fresh oregano leaves

In a sauté pan, over medium heat, heat the oil and sauté the onion until golden brown.

Add the stock, squash, pear, and herbs. Bring to a simmer and cook covered until the squash and pear are tender.

Transfer from the heat, cool, and puree.

APPLE AND QUINOA

Makes about 2 to 3 servings

1/4 cup quinoa, rinsed and drained
3/4 cup unsweetened apple juice
1 small Rome apple, washed, peeled, cored, and diced

In a saucepan, over medium high heat, combine all ingredients, cover and simmer for 5 to 7 minutes or until all juice is absorbed.

Transfer from the heat, cool, and serve.

TEETHING BISCUITS

Makes about 1 dozen biscuits

2/3 cup low-fat milk
1/4 cup coconut oil
1 tablespoon palm nectar sugar
1/2 teaspoon vanilla
1 cup wheat germ
1 cup whole-wheat flour

In a bowl, combine the milk, coconut oil, palm nectar sugar, and vanilla.

Add the wheat germ and flour. Knead until the dough becomes smooth, about 10 minutes.

Form into 1/2-inch wide by 4-inch-long biscuits and arrange on a lightly oiled parchment lined sheet tray.

Bake at 350° F. for about 40 minutes or until they are brown and have a hard texture.