



Tasty Recipes for your Baby and Family

Offer solid foods at six months of age

Let your baby explore and enjoy family foods. Offer the same foods to the whole family at meals. Offer new foods often and serve with familiar foods. Remove your baby's portion from the recipe before adding salt, soy sauce or other high sodium ingredients. Fresh and dried herbs can be used in a recipe to add flavour. Decide how much to use by taste.

Note: Introduce the common food allergens one at a time. In a few of these recipes, the common food allergens milk, yogurt, fish, wheat flour/pasta and soy (edamame) are found. Refer to "Food Allergies Birth to Two Years" at <http://vch.eduhealth.ca> for more information.

Iron Rich Family Foods

Iron is an important nutrient for everyone. At six months, your baby is running low on the iron stores they were born with. Offer iron rich foods throughout the day to make sure your baby is getting enough for brain development, and normal growth. Some examples of high iron foods include: finely minced meat, poultry or fish; single grain iron-fortified infant cereal; mashed cooked egg; lentils, beans or tofu.

A Simple Guide for Increasing Texture for Your Baby

It is not necessary to puree your baby's food. Even without teeth, your baby can enjoy food that is well mashed. As most of the baby foods found in stores are pureed, if you choose to use these, move on to well mashed food within a few weeks of starting solids.

Start with mashed foods and progress to small soft pieces of table food.



Fork: use to mash soft foods

Recipes

Foods prepared at home should be made with little or no salt or sugar.

Quick Salmon or Fish with Parsley Sauce

Serves 4

How to cook fish:

As a general rule, bake fish at 400°F (200°C) for 8-10 minutes per inch (2.5 cm) of thickness.

4	*salmon fillets	4
	(6 oz/170 g each, about 1.5 lb/680 g)	
1 tbsp	olive or vegetable oil	15 mL



- Pre-heat oven to 400°F (200°C).
- Line a baking sheet with foil and place fish skin side down on foil. Brush top of fish with oil and bake in pre-heated oven until fish flakes easily with a fork.
- For your baby, flake fish and make sure there are no bones. Add parsley sauce, breast milk or water to fish to moisten.
- Serve with rice and your family's favourite vegetables.
- * Variation: Use canned salmon. Flake salmon with fork and serve with parsley sauce.

Parsley Sauce

1½ tbsp	butter or non-hydrogenated margarine	25 mL
1 tbsp	flour	15 mL
1 cup	milk	250 mL
¼ cup	finely chopped fresh parsley (or 1 tbsp/15 mL dried parsley)	60 mL
1½ tbsp	lemon juice	25 mL

- Melt butter in a saucepan over medium-low heat.
- Stir in flour and cook, stirring, for 1 minute.
- Gradually stir in milk. Increase heat to medium and cook, stirring, for 3 minutes or until sauce thickens and coats the back of a spoon.
- Remove from heat. Stir in parsley and lemon juice. Serve with fish.
- This recipe can be made in the microwave.

Roast Chicken Dinner

Buy a roasted chicken from the grocery store or cook your own.

How to Roast a Chicken

1	whole chicken	1
1	lemon, halved	1
1 tbsp	olive oil or vegetable oil	15 mL

- Preheat an oven to 375°F (176°C).
- Place chicken in a roasting pan and put lemon halves into the cavity; rub the oil over chicken skin.



- Roast in the preheated oven until skin is browned and crisp, the juices run clear, and an instant-read meat thermometer inserted into the thickest part of a thigh, not touching bone, reads 185°F (85°C), about 1 hour and 40 minutes.
- Let chicken rest for 15 minutes before carving.
- The dark meat on the thighs and legs of the chicken has more iron. Serve meat from these parts to your baby. Chop the meat finely and moisten with broth or breast milk if needed. Slice some meat for the rest of the family.
- Serve with vegetables and grain or starch of your choice.

Herbed Vegetable Pasta Salad

(Makes about 5 cups/1.25 L)

1½ cups	dry pasta (e.g. rotini)	375 mL
1 tbsp	olive oil or vegetable oil	15 mL
2 cups	chopped, mixed vegetables (e.g. broccoli, cauliflower, squash, green peas, carrots, turnip and/or sweet potato)	500 mL
1 cup	rinsed, canned beans (e.g. chickpeas, black beans) or steamed edamame (green soy beans)	250 mL
1-2 tsp	dried herbs (e.g. oregano, basil)	5-10 mL
1 tbsp	chopped, fresh parsley	15 mL
½ cup	plain yogurt	125 mL
	or	
¼ cup	lemon juice	50 mL
¼ cup	olive or vegetable oil	50 mL

- Cook the pasta in boiling water. Drain, rinse, and toss with the oil. Set aside.
- Cook the vegetables in 1 inch (2.5 cm) of water, until very soft.
- In a bowl, mix the cooked vegetables and beans with the cooked pasta, seasonings, and yogurt or lemon juice and ¼ cup (50mL) oil.
- Serve warm or cold.
- For your baby's serving, mash beans and vegetables with a fork.



Hamburger Soup

(Makes about 5 cups/1.25 L)

½ lb	ground beef (Optional: chicken, turkey, lamb or pork)	225 g
1 cup	water	250 mL
1	can (796 mL) diced tomatoes, no salt added	1
1½ cups	chopped mixed vegetables (e.g. carrots, squash, broccoli, regular potato, sweet potato, green beans and/or green peas)	375 mL
1-2 tsp	dried herbs (e.g. oregano, basil, thyme, dill, or Italian seasoning, optional)	5-10 mL
½ cup	uncooked rice or barley	125 mL

- Cook and stir ground meat in a large pot over medium-high heat until the meat is no longer pink. Drain off fat.
- Add the water and remaining ingredients to the meat in the pot.
- Bring to a boil and then turn down to low heat and continue cooking for about 20 minutes.



Khichri (Lentil and Rice Stew)

(Makes about 6 cups/1.5 L)

1	onion, chopped into small pieces	1
2 tsp	vegetable oil	10 mL
½ tsp	turmeric (optional)	2 mL
½ cup	uncooked rice (e.g. brown basmati)	125 mL
⅓ cup	dried lentils	75 mL
1 cup	chopped vegetables (e.g. peas, broccoli, cauliflower, carrots, squash, spinach and/or potatoes)	250 mL
4 cups	water	1 L
2 tbsp	chopped fresh cilantro (optional)	30 mL
¼ cup	plain yogurt (optional)	50 mL

- Lightly fry the onion with the turmeric in oil, in a large cooking pot.
- Wash the rice and lentils.
- Put the rice, lentils, vegetables and water into the onion mixture and cover.
- Bring to a boil. Boil for 3 minutes, then turn heat to low medium and simmer for 30-40 minutes.
- Stir occasionally. Add ¼ cup (50 mL) water if stew looks too dry.
- Sprinkle stew with cilantro if you wish.
- Garnish with yogurt.

2-3 cups	firm vegetables (e.g. carrot, turnip, potato, celery, parsnip)	500-750 ml
1	medium onion	1
1/3 cup	flour	75 mL
1/2 tsp	pepper	2 mL
1 lb	boneless chicken, beef, or lamb	500 g
1 tbs	oil	15 mL
2 or 3	cloves of garlic, chopped or crushed	2 or 3
2 tsp	dried herbs (e.g. oregano, thyme)	10 mL
1	bay leaf	1
3 cups	low sodium stock (or water)	750 mL

- Peel and cut the vegetables into cubes.
- In a bag, put flour and pepper. Shake to mix.
- Trim the fat from the meat and cut into 1 inch or 2.5 cm cubes.
- Add the chicken or meat to the flour mixture and shake, until it is coated with the flour.
- Heat the oil in a large, deep, heavy saucepan (one that has a lid) over high heat.

- Add the flour coated meat. Reduce heat slightly. Do not stir until the outside of the meat is browned. Then stir and allow all sides of the meat to brown.
- Reduce the heat to medium and add the vegetables, garlic, herbs and bay leaf. Cook, stirring until the onion is partly see-through and soft.
- Add the stock (or water).
- Cover and bring to a boil, turn down to low heat, and simmer until tender. Chicken will take about 30 minutes to cook, and beef and lamb may take up to 1 hour or more to cook, depending on the cut. Cook until the meat and vegetables are soft and tender.
- Some infants may need to have the meat chopped slightly and may also need to have the vegetables mashed.

For more tasty, family friendly recipes visit the Better Together BC Website: <http://bettertogetherbc.ca>

Be Food Safe

- For more information on Food Safety, go to HealthLinkBC Health File #59A Food Safety: Ten Easy Steps to Make Food Safe and www.healthlinkbc.ca/healthyeating/stages/infants-children.html

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Other fact sheets are available at your local Community Health Office/Centre or online:

Vancouver Coastal Health: <http://vch.eduhealth.ca> - search 'baby food'
 See also “Baby’s First Foods” <http://www.healthlinkbc.ca/healthfiles/hfile69c.stm>

Or call:

- Dietitian Services at HealthLink BC - call 8-1-1 to speak to a dietitian or go to www.healthlinkbc.ca/dietitian/ to email your question. Translation services are available in more than 130 languages.
- A Public Health Nurse at Vancouver Coastal Health: www.vch.ca

Choose foods grown or produced in BC and Ocean Wise or SeaChoice.org fish whenever you can.

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