

Cooking with Baby Food

Tips for using up jarred baby food:

Freeze baby food in ice cube trays to use in smoothies with yogurt, milk and/or juice.

Mix jarred fruit puree into whipped cream to top fresh fruit for dessert.

Use fruit purees (like peaches or pears) as a spread on pancakes instead of butter and syrup.

Use fruit purees mixed with vanilla or plain yogurt as a dipping sauce for cut up fruit or French toast sticks.

Mix pureed spinach into plain yogurt or sour cream for a quick veggie dip. Add in your favorite seasonings like salt, pepper, or even dill.

Mix veggie purees (like carrots, spinach, or squash) into pasta/pizza sauce to boost nutrition.

Mix jarred carrots, peas or green beans into your favorite meatball recipe or even into homemade hamburger patties.

Replace half of the butter or oil for jarred apples, carrots, prunes, pears, or peaches in your favorite baked treat to increase vitamins and minerals and decrease calories and fat.

Itsy Bitsy Baby Pancakes

(Makes about 2 dozen mini pancakes)

1 cup whole wheat flour
1/2 cup baby barley cereal (or other baby cereal)
1 cup breastmilk, formula, or milk
4 ounce jar baby food like bananas, apples, squash, OR sweet potato
1 Tbsp melted margarine or butter (unsalted type)
3 egg yolks
1/2 cup baby oatmeal
Apple juice

Add cinnamon, nutmeg, dash of vanilla or other flavorings, to taste

Mix all ingredients together and add enough juice to make a smooth pancake consistency (about 1/2 cup to 1 cup). Cook on griddle or cook top in frying pan as with "regular" pancakes! Leftover pancakes freeze well for later use. TIP: Spread with jarred baby fruit such as peaches, instead of butter and syrup.

Sloppy Joes

(Serves 8)

Nonstick cooking spray
1 Tbsp olive oil
1/2 cup chopped red onion
1/2 cup chopped celery
2 cloves garlic, minced
1 pound lean ground turkey or sirloin
4 ounce jar of sweet potato puree
4 ounce jar of butternut squash puree
1/2 cup beef broth
1/4 cup tomato paste
1 Tbsp Worcestershire sauce
1/2 tsp salt
1/8 tsp pepper
8 whole-grain hamburger or hot-dog buns

Coat a large nonstick skillet with cooking spray and set it over medium-high heat. When the skillet is hot, add the oil. Add the onion, celery, and garlic, and cook until the onion starts to soften (not brown), 3-4 minutes.

Add the meat, breaking it up with a wooden spoon, and cook until no longer pink. Add the jarred baby foods, beef broth, tomato paste, Worcestershire

sauce, salt, and pepper. Reduce the heat to low, cover and simmer until the liquid is reduced by about one-half, 15-20 minutes. Spoon the mixture over buns and serve.

Sloppy Joes recipe adapted from Jessica Seinfeld's "Deceptively Delicious: Simple Secrets to Get Your Kids Eating Good Food" cookbook.

Applesauce Muffins

Makes 12 Muffins

Nonstick cooking spray

Topping:

2/3 cup old-fashioned oats

3/4 cup firmly packed light or dark brown sugar

1 teaspoon cinnamon

2 Tablespoons butter or margarine, melted

Batter:

1 1/2 cups all-purpose flour

1 cup old-fashioned oats

1 teaspoon baking powder

1/2 teaspoon baking soda

1/2 teaspoon cinnamon

2 (4 ounce) jars apple baby food

1/2 cup milk

1 (4 ounce) jar butternut squash OR carrot baby food

1/2 cup firmly packed light or dark brown sugar

3/4 cup canola oil

1 large egg



Preheat oven to 400 degrees. Coat a 12-cup muffin tin with cooking spray or line with paper baking cups.

For the topping, stir together the oats, sugar, and cinnamon in a bowl. Stir in the butter or margarine.

For the batter, combine the flour, oats, baking powder, baking soda, and cinnamon in a large mixing bowl. Stir to mix. In a second bowl, mix the apple baby food with the milk, squash or carrot baby food, sugar, oil, and egg with a spoon. Add the flour mixture slowly, stirring until just moistened. Do not over mix-the batter should be lumpy.

Divide the batter into the muffin cups and sprinkle with the streusel topping. Bake until the topping is lightly browned and a toothpick comes out clean when inserted into the center of the muffins, about 18-20 minutes. Turn the muffins out onto a rack and serve warm or cool.

Applesauce Muffins recipe adapted from Jessica Seinfeld's "Deceptively Delicious: Simple Secrets to Get Your Kids Eating Good Food" cookbook.

