

## Asparagus Strata

**8 slices whole-grain bread, toasted**

**¼ lb. asparagus spears, cooked until crisp-tender**

**½ cup shredded reduced-fat cheddar cheese**

**2 TB. grated Parmesan cheese**

**2 cups milk**

**4 eggs**

**1 tsp. dried oregano**

Makes 9 servings

Asparagus is rich in folate, a B vitamin.

**Prep Time:** 15 minutes

**Cook Time:** 45 minutes

**Total:** 90 minutes (due to refrigerator time)

1. Preheat oven to 350°F. Spray a 9-inch square baking dish with nonstick cooking spray.
2. Arrange 4 of the bread slices in the dish in a single layer. Scatter the asparagus over the bread.
3. Sprinkle the cheddar and Parmesan cheeses over the asparagus and top with remaining bread slices.
4. In a large bowl combine milk, eggs, and oregano.
5. Pour the egg mixture over the bread, cover, and refrigerate to allow the bread to absorb the egg mixture for 30 minutes.
6. Uncover the strata, and bake for 45 minutes or until the top is golden brown and the tip of a knife inserted into the center comes out clean.

## Baked Acorn Squash

**1 acorn squash**

**2 tsp. butter or margarine**

**4 tsp. brown sugar**

**Pinch cinnamon**

1. Heat oven to 400°F.
2. Cut squash lengthwise and scoop out seeds.
3. Place squash in a medium baking dish or pan.
4. In each squash cavity, place equal amounts of butter, brown sugar, and cinnamon.
5. Bake for 30 to 40 minutes or until squash is tender.

Makes 1 squash

Acorn squash is naturally low in sodium and rich in potassium.

**Prep Time:** 10 minutes

**Cook Time:** 30–40 minutes

**Total:** 40–50 minutes

## 240 The Complete Idiot's Guide to Feeding Your Baby and Toddler

**Baked Orange Sweet Potato**

**1 medium sweet potato, scrubbed well**      **2 TB. orange juice**  
**Pinch cinnamon**

1. Preheat oven to 400°F.
2. Place sweet potato on the middle rack and bake for 45 minutes or until tender.
3. Remove from oven and slit lengthwise to cool. Scoop out inside of potato into a small bowl and mix with orange juice and cinnamon.

<b>Makes 1 potato</b>
Sweet potatoes are a good source of vitamin B6. No butter or margarine is needed for this tasty fat-free side dish.
<b>Prep Time:</b> 5 minutes
<b>Cook Time:</b> 45 minutes
<b>Total:</b> 50 minutes

**Baked Potatoes**

**4 medium Yukon Gold potatoes**

1. Preheat oven to 400°F.
2. Wash potatoes thoroughly.
3. Spread in a single layer on a baking sheet.
4. Bake for 40 minutes or until tender.
5. Serve with sour cream or Herbed Yogurt Dip.

<b>Makes 4 potatoes</b>
Potatoes in their natural state are very low in sodium.
<b>Prep Time:</b> 5 minutes
<b>Cook Time:</b> 40 minutes
<b>Total:</b> 45 minutes

**Cheese-y Potato Wedges**

**4 medium potatoes**      **¼ tsp. fresh ground black pepper**  
**1 TB. olive oil**  
**2 TB. grated Parmesan cheese**

1. Preheat oven to 400°F. Coat a baking sheet with cooking spray.
2. Wash potatoes well. Cut each potato into 6 wedges.
3. In a large bowl, place olive oil, Parmesan cheese, and black pepper. Mix well.
4. Add potatoes and coat well.
5. Arrange wedges on a baking sheet. Bake for 30 minutes or until potatoes are tender.

<b>Makes 24 wedges</b>
Much lower in fat than French fries.
<b>Prep Time:</b> 10 minutes
<b>Cook Time:</b> 30 minutes
<b>Total:</b> 40 minutes

## Cream of Broccoli Soup

**6 cups broccoli flowerets or 2 (10-oz.) pkg. frozen broccoli**  
**1 cup low-sodium chicken broth**  
**2 TB. margarine**

**2 TB. all-purpose flour**  
**½ tsp. dried thyme**  
**½ tsp. salt**  
**2 cups milk**

Makes 8 cups

Broccoli is a surprising source of beta-carotene and vitamin C.

Prep Time: 10 minutes

Cook Time: 10 minutes

Total: 20 minutes

1. Cook broccoli until crisp-tender.
2. In a blender or food processor, combine broccoli and chicken broth. Cover and blend until smooth, about a minute or so.
3. Melt margarine in a medium saucepan. Stir in flour, thyme, and salt.
4. Add milk and stir. Cook and stir until slightly thickened and bubbly.
5. Cook 1 minute more and stir in broccoli mixture. Cook until heated through, stirring constantly.

## Creamed Spinach

**1 tsp. olive oil**  
**1 large sweet onion, sliced**  
**1 (10-oz.) box frozen spinach, defrosted and well-drained**  
**¼ tsp. ground nutmeg**

**1 cup low-sodium chicken broth**  
**3 TB. cream cheese**  
**2 TB. lemon juice**  
**1 tsp. salt**  
**½ tsp. fresh ground black pepper**

Makes 2 cups

A little added fat goes a long way to getting children to eat their spinach.

Prep Time: 5 minutes

Cook Time: 5 minutes

Total: 10 minutes

1. In a medium skillet, heat oil over medium-high heat. Add onions and sauté until translucent, about 2 minutes.
2. Add spinach and nutmeg. Cook for 1 minute.
3. Add chicken broth and bring to simmer for 1 minute.
4. Pour entire mixture into a blender or food processor. Add cream cheese, lemon juice, salt, and pepper.
5. Pulse until creamy. Serve warm.

## 242 The Complete Idiot's Guide to Feeding Your Baby and Toddler

### Creamy Tomato Basil Soup

2 TB. olive oil  
1 medium onion, chopped  
2 cloves garlic, crushed  
1 (16-oz.) can chopped tomatoes, drained

1 TB. chopped fresh basil  
or 1 tsp. dried basil  
1 $\frac{1}{3}$  cups milk  
Salt and fresh ground black pepper to taste

Makes 4 cups

Tomatoes pack lycopene that helps prevent cell damage.

Prep Time: 15 minutes

Cook Time: 15 minutes

Total: 30 minutes

1. In a medium saucepan, heat oil. Add onion, sautéing until tender. Add garlic and cook about 1 minute longer.
2. Add tomatoes and stir. Simmer, uncovered, over medium heat for about 10 minutes. Remove from heat.
3. Spoon half the soup mixture into a blender or food processor and purée until smooth. Return puréed mixture to saucepan.
4. Add basil and milk. Heat until hot, but not boiling. Serve lukewarm.

### Easy Eggplant Parmesan

1 medium eggplant  
(about 1 lb.)  
1 egg, beaten  
 $\frac{1}{4}$  cup all-purpose flour  
 $\frac{1}{4}$  cup grated Parmesan cheese

1 cup shredded mozzarella cheese  
1 cup spaghetti sauce (or Laura's Fresh Tomato Sauce in Chapter 16)

Makes 4 servings

Baking the eggplant instead of frying reduces fat content.

Prep Time: 15 minute

Cook Time: 25 minutes

Total: 40 minutes

1. Preheat oven to 400°F. Grease a baking sheet.
2. Peel eggplant and cut crosswise into  $\frac{1}{2}$ -inch slices.
3. Dip eggplant into egg, then into flour, turning to coat.
4. Place slices on baking sheet and bake for 12 to 15 minutes or until soft but not mushy.
5. Assemble by placing eggplant slices in a 12 $\times$ 7 $\frac{1}{2}$  $\times$ 2-inch baking dish. Sprinkle with cheese. Top with sauce.
6. Return to oven and bake for 10 minutes or until hot.

## Green Beans with Almonds

**1 (9-oz.) pkg. frozen cut green beans**

**1 TB. butter**

**3 TB. slivered almonds, chopped well**

**1 tsp. lemon juice**

1. Prepare green beans according to package directions.
2. Meanwhile, in a medium saucepan over medium heat, melt butter. Add almonds and cook for 1 to 2 minutes.
3. Remove from heat and add lemon juice. Stir.
4. Add cooked beans to saucepan and stir well to coat.

Makes 1½ cups

Children love the mild taste of low-sodium green beans.

**Prep Time:** 5 minutes

**Cook Time:** 10 minutes

**Total:** 15 minutes

## Glazed Carrots

**¼ lb. medium carrots, peeled and diced**

**1 TB. margarine or butter**

**1 TB. brown sugar**

**Pinch salt**

1. Steam or microwave carrots until tender, but not mushy.
2. In a medium saucepan, combine margarine, brown sugar, and salt over medium heat until combined. Add carrots and toss.
3. Cook for 2 minutes longer.

Makes about 2 cups

Carrots contain beta-carotene.

**Prep Time:** 10 minutes

**Cook Time:** 5 minutes

**Total:** 15 minutes



## 244 The Complete Idiot's Guide to Feeding Your Baby and Toddler

### Guacamole

2 TB. yogurt  
2 ripe avocados, pitted and mashed

2 TB. mild salsa  
1 tsp. lemon juice  
Salt and pepper to taste

1. In a medium bowl, mix yogurt, avocado, salsa, and lemon juice. Season with salt and pepper, if desired.
2. Keep refrigerated until ready to use.

Makes about 2½ cups

Creamy avocados are loaded with potassium and kids love their mild taste.

Prep Time: 10 minutes

Cook Time: 0

Total: 10 minutes

### High-Calcium Mashed Potatoes

1 lb. potatoes (about 3 medium), diced  
2 TB. sour cream

¼ cup evaporated milk  
Salt and fresh ground pepper to taste

1. Wash, peel, and dice potatoes.
2. In a medium saucepan, cook covered potatoes for about 15 to 20 minutes or until tender.
3. Drain well and return to pan.
4. Add sour cream, evaporated milk, salt, and pepper to pan. Beat with an electric mixer on low speed until light and fluffy.

Makes about 4 cups

Evaporated milk has twice the calcium of regular; sour cream adds calcium, too.

Prep Time: 10 minutes

Cook Time: 15–20 minutes

Total: 25–30 minutes

### Mock Mashed Potatoes

½ head chopped cauliflower (about 2 cups)  
1 TB. butter or margarine  
¼ cup grated Parmesan cheese

½ cup milk  
¼ cup chopped fresh parsley

1. Steam cauliflower until very tender.
2. Place cooked cauliflower, butter, Parmesan cheese, and milk in a food processor. Pulse until mixture reaches desired consistency.
3. Transfer to a serving bowl. Stir in parsley.

Makes about 2½ cups

Cauliflower contains powerful phytonutrients that fight disease.

Prep Time: 10 minutes

Cook Time: 10 minutes

Total: 20 minutes



## 246 The Complete Idiot's Guide to Feeding Your Baby and Toddler

## Roasted Cream of Butternut Squash Soup

**2 medium butternut squash**

**6 TB. butter, margarine, or cooking oil**

**2 small onions, chopped**

**1 tsp. ground ginger**

**½ cup low-sodium chicken broth**

**3 cups milk**

1. Preheat oven to 400°F.
2. Cut squash lengthwise and scoop out seeds. Spray a baking sheet with vegetable cooking spray, and place squash on it, cut side down.
3. Roast until soft (about 45 minutes).
4. Meanwhile, melt margarine over medium heat in a medium saucepan. Add onions and cook until clear; add ginger and chicken broth.
5. When squash is done and cool enough to handle, scoop squash from skin and add to saucepan. Stir thoroughly.
6. Transfer saucepan mixture to a blender or food processor and purée.
7. Return to saucepan and add milk. Warm gently. Serve immediately.

Makes 6 cups

Kids won't have a clue this soup contains vegetables that are good for them.

Prep Time: 10 minutes

Cook Time: 60 minutes

Total: 70 minutes

## Sautéed Spinach and Golden Raisins

**10 oz. fresh spinach**

**1 TB. olive oil**

**2 TB. golden raisins, chopped well**

**2 cloves garlic, peeled and minced (optional)**

**½ tsp. salt**

1. Remove tough stems from spinach and wash and drain well.
2. In a large skillet, heat olive oil over medium-high heat.
3. Add raisins and garlic and sauté for about 30 seconds, being careful not to burn garlic.
4. Add spinach and cook until wilted, about 3 minutes. Stir in salt.

Makes about 2 cups

Filled with fiber and flavor.

Prep Time: 10 minutes

Cook Time: 5 minutes

Total: 15 minutes

## Scalloped Potatoes

**½ cup onion, chopped**      **2 TB. flour**  
**2 TB. margarine**          **1½ cups milk**  
**½ tsp. salt**                  **3 medium potatoes,**  
**Fresh ground black**      **peeled and thinly sliced**  
**pepper to taste**

1. Preheat oven to 350°F. Grease a 1-quart casserole dish.
2. In a medium saucepan, sauté onion in margarine until translucent. Stir in salt and fresh ground black pepper.
3. Add flour and milk. Cook until thick and bubbly, stirring constantly. Remove from heat.
4. Put half the sliced potatoes in the prepared casserole dish, and cover with half the sauce. Repeat.
5. Cover with aluminum foil and bake for 35 minutes. Remove foil and bake 30 minutes more. Let stand for 10 minutes before serving.

Makes 6 cups

Potatoes provide vitamins C and B6, and potassium.

Prep Time: 15 minutes

Cook Time: 35 minutes

Total: 50 minutes

## Sweet Potatoes 'N' Apples

**2 TB. butter or margarine**    **¼ cup apple juice**  
**1 large apple, peeled,**      **2 TB. brown sugar**  
**cored, and sliced**          **½ tsp. ground cinnamon**  
**4 cups cooked and cooled,**  
**peeled sweet potatoes,**  
**sliced (about 2 lb.)**

1. In a large saucepan, melt butter and sauté apples until very tender.
2. Add sweet potato to the pan and mash until smooth. Stir in apple juice, brown sugar, and cinnamon.

Makes about 5 cups

Apples and apple juice add vitamin C to this delicious dish.

Prep Time: 15 minutes

Cook Time: 10 minutes

Total: 25 minutes

## 248 The Complete Idiot's Guide to Feeding Your Baby and Toddler

## Sweet Potato Oven Fries

**1½ lb. scrubbed sweet potatoes**

**1 TB. olive oil  
1 tsp. salt**

**Makes about 1½ pounds**

Far lower in fat and sugar than the candied version.

**Prep Time:** 10 minutes

**Cook Time:** 30 to 35 minutes

**Total:** 40 to 45 minutes

1. Heat oven to 400°F. Coat a baking sheet with cooking spray.
2. Cut each potato lengthwise into 8 wedges.
3. In a large bowl, combine oil and salt. Add sweet potatoes and toss to coat.
4. Arrange sweet potatoes on a prepared baking sheet and roast for 20 minutes. Open oven, and toss with spatula.
5. Bake another 10 to 15 minutes or until golden brown.

## Spaghetti Squash and Diced Tomatoes

**1 medium spaghetti squash**

**Salt and fresh ground pepper, if desired**

**Makes 4 to 6 cups**

A colorful way to serve up vegetables, and a good source of fluid.

**1 (14½-oz.) can seasoned diced tomatoes**

**Prep Time:** 5 minutes

**Cook Time:** 50 minutes

**Total:** 55 minutes

1. Heat oven to 400°F.
2. Slice squash lengthwise. Spray a baking sheet with vegetable cooking spray and place squash on it, cut side down.
3. Roast until soft, about 40 minutes. When done remove from oven and flip over so cut side is up. Allow to cool for 5 minutes.
4. Place diced tomatoes in medium skillet and warm.
5. With a fork, remove squash from skin, discarding seeds. Squash will be string-like. Transfer to a skillet.
6. Toss squash with diced tomatoes. Season as desired. Chop spaghetti squash before serving to little ones.

## Winter Squash Casserole

**3 eggs**  
**⅓ cup firmly packed brown sugar**  
**¼ tsp. ground cinnamon**  
**¼ tsp. ground nutmeg**

**¼ tsp. ground ginger**  
**½ tsp. salt, optional**  
**1 (10-oz.) pkg. frozen winter squash, thawed**  
**1 (16-oz.) can solid packed pumpkin**

1. Preheat oven to 350°F. Grease a round 2-quart baking dish.
2. In a large bowl, beat together eggs, sugar, cinnamon, nutmeg, ginger, and salt (if desired), until blended.
3. Stir in squash and pumpkin.
4. Pour into a baking dish.
5. Bake for 30 to 35 minutes.

Makes 6 servings

Winter squash is a good source of fiber.

Prep Time: 10 minutes

Cook Time: 35 minutes

Total: 45 minutes