

Baby at the table

It's easy to transform a simple 'Mom & Dad' meal into a nutritious meal for baby – here's the first step...

Tuscan Beef Kabobs with Quinoa & Roasted Cauliflower

- 3 tbsp minced fresh herb leaves (e.g. thyme, rosemary and chives)
- Zest of half a lemon
- 2 cloves garlic, minced
- 1/4 cup olive oil, divided
- 1 lb (500 g) **Top Sirloin Grilling Steak**, cut into 1-inch cubes
- 1 EACH, medium zucchini, red and yellow sweet pepper, cut into chunks
- Salt and pepper
- Quinoa & Roasted Cauliflower (recipe follows)

1. Combine herbs, zest, garlic and 2 tbsp oil in sealable plastic bag. Add beef cubes, seal bag and squeeze with hands to mix. Refrigerate for at least 1 or up to 12 hours.

2. Toss zucchini and peppers with remaining oil. Thread onto soaked wooden skewers alternately with beef cubes. Season all over.

3. Grill kabobs over medium-high heat (400°F/200°C), turning once, for about 10 minutes or until beef is cooked to medium (160°F/71°C).

Quinoa & Roasted Cauliflower: Cook 1/2 cup quinoa according to package instructions. Meanwhile, break a half head cauliflower into florets. Place on foil-lined baking tray; toss with 1 tbsp olive oil and 1/4 tsp EACH ground cumin, paprika and salt, and a pinch of pepper. Roast in 400°F (200°C) oven for 20 to 30 minutes, stirring occasionally. Toss with cooked quinoa and serve with kabobs.



IRON COMES FIRST!

Health Canada now advises that first solid foods for infants be iron-rich. By about 6 months of age, baby should be served meat, fish, poultry, or meat alternatives daily.

WHY? Baby needs iron for optimal brain development and growth. At 6 months baby's iron stores are depleted so a food source is needed. Beef is one of nature's best sources of iron.



Step 2: Making meal for baby

At about 6 months your baby is ready for solids and needs iron.

By adapting the same healthy foods you are preparing for the rest of the family, baby can be part of the family table from the get-go. No special food required!



Baby's Blend

Combine 1 kabob with 1/4 cup of Quinoa & Roasted Cauliflower and 2 to 3 tbsp water, breast milk or formula. Blend in food processor or blender until smooth.



Mashed Mix

Combine 1 kabob with 1/4 cup of Quinoa & Roasted Cauliflower. Mix in food processor or blender until dinner is minced.



Finger Food Fun

Baby can join the family table, eating foods that are cut into bite-sized pieces that can be managed by baby him/herself.

BABY STEP TIPS:

- To ensure baby is tolerating new foods, wait two to three days before introducing a next new food.
- Help your baby learn to eat foods with different tastes and textures. He/she may only require pureed foods for a very short time, or not at all.
- Baby should progress from soft mashed or minced foods quickly and then onto soft foods that are chopped into small chunks or pieces.



SCAN for more information

