

Recipes for Your Baby 9 to 12 Months Old

This resource provides recipe ideas for your 9 to 12 month old baby and the rest of your family.



Steps you can take

- | Offer your baby up to three meals a day with one to two snacks, depending on their appetite.
- | Continue to offer new foods and flavours to your baby.
- | Give your baby foods with a variety of textures, including chopped, ground, mashed, soft foods and finger foods like toast and crackers or soft ripe fruit.
- | Whenever possible, eat with your child. She learns to eat by watching you. Never leave a child who is eating unattended.
- | By 12 months, most babies can eat many foods made for family meals, so you should not need to cook special foods for your child. You can try the recipes here for your whole family.
- | Choose recipes that include foods from "Eating Well with Canada's Food Guide" www.healthcanada.gc.ca/foodguide.

Recipes You Can Try

Meat and Vegetable Stew		
1 cup	water	250 mL
1	can (14 oz/450 mL) can diced tomatoes	1
½ lb	stewing meat (beef, lamb), minced or ground	225 g
1	potato	1
2	carrots	2
2	stalks celery	2
½	small onion	½

Combine water, tomatoes and meat in a medium sized saucepan. Bring to a boil. Meanwhile, wash, peel and cube vegetables. Add to meat mixture. Bring to a boil, then reduce heat and simmer until tender, about 25 minutes. Stir occasionally.

Pasta with Vegetables and Cheese Sauce		
1 ½ cups	cheddar cheese, grated, firmly packed	375 mL
1 Tbsp	butter or margarine	15 mL
1 cup	whole milk	250 mL
1 Tbsp	flour	15 mL
4 cups	washed broccoli florets and/or cauliflower florets	1 L
1 ½ cups	uncooked pasta	375 mL

Cook pasta according to package directions; drain. Cut broccoli and cauliflower into small pieces and steam over boiling water until soft, but not wilted, about 10 minutes. Meanwhile, in saucepan, melt butter or margarine. Add flour and stir until combined. Slowly add milk, stirring constantly. Stir so that lumps disappear and sauce is creamy. Add cheese and stir until melted and sauce thickens. Add cooked pasta and vegetables. Stir until combined.

Dal (Lentil Stew)		
1 ½ cups	water	375 mL
½ cup	dried red lentils, rinsed	125 mL
1 cup	chopped onion	250 mL
2	cloves garlic, small, minced	2
¼ tsp	turmeric (optional)	1 mL
¼ tsp	ground cumin (optional)	1 mL
½ tsp	ground ginger (optional)	2 mL
2 tsp	oil	10 mL
1 cup	cooked rice	250 mL

In medium saucepan, combine water, lentils, ½ cup onion, 1 clove garlic and spices (if using). Bring to a boil. Reduce heat and simmer 10 minutes. Meanwhile, heat oil in a small pan over medium heat. Add remaining onion and garlic. Sauté until tender, about 8 minutes. Add sautéed onion and garlic to lentil mixture in saucepan and stir. Simmer for an additional 5 minutes. Serve dal mixed with cooked rice.

Risotto		
2 Tbsp	oil	30 mL
½ lb	ground chicken (optional)	225 g
½	onion, diced	½
1	small carrot, peeled and grated	1
1	small zucchini, diced	1
½	red pepper, seeded and diced	½
1	stalk celery, diced	1
2 ½ cups	homemade chicken stock (no salt)	625 mL
1 cup	rice, rinsed	250 mL
1 cup	grated parmesan cheese	250 mL

Heat 15 mL (1 Tbsp) oil in a large saucepan. Add chicken (if using) and cook thoroughly. Remove from pan and set aside. In the same pan, add remaining oil and onion. Stir until tender, about 5 minutes. Add remaining vegetables. Stir and cook another 10 minutes or until vegetables are soft. Add stock and rice to vegetables. Stir. Cover, bring to a boil, reduce heat and simmer for 20 minutes. When rice is cooked,

add cheese and stir until melted.

Keeping Food For Later

- | Once you've prepared any recipe, you can store it in the fridge for 1 to 2 days.
- | If there is more food than your baby can eat in 1 to 2 days, you can freeze any food in small portions. Freeze the food in an ice cube tray. Store food cubes in a freezer bag or container. Label the bag or container with the name of the food and the date and use within 3 months.



Additional Resources

HealthLinkBC Files Available at
<http://www.HealthLinkBC.ca/healthfiles/>

- | #69c Baby's First Foods
- | #69d Helping Your Toddler to Eat Well: Sharing the Responsibility with Your One to Three-Year-Old
- | #69e Meal and Snack Ideas for Your One to Three-Year-Old Toddler

Dietitian Services Fact Sheets available by mail (call 8-1-1) or at
www.HealthLinkBC.ca/healthyeating:

- | Finger Foods for Babies 6-12 months
- | Recipes for Your Baby (6-9 Months Old)
- | What To Feed Your Baby: A Sample Meal Plan For Baby in the First Year

These resources are provided as sources of additional information believed to be reliable and accurate at the time of publication and should not be considered an endorsement of any information, service, product or company.



Notes

Distributed by:

Dietitian Services at HealthLinkBC (formerly Dial-A-Dietitian), providing free nutrition information and resources for BC residents and health professionals. Go to www.healthlinkbc.ca/healthyeating or call 8-1-1 (anywhere in BC). Interpreters are available in over 130 languages.