

Healthy Homemade Recipes
for BABY. With Love,

Cuisinart®



And the Dish ran away with the Spoon!

from the very first spoonful

Give your baby only the good stuff.
It all starts with Cuisinart, naturally!

Cuisinart® Food Processors were born to feed your baby. Since healthy eating habits begin with the first spoonful of food you put into your baby's mouth, it's never too early to bring a Cuisinart® Food Processor into your home.

We've put together valuable information along with specially designed recipes for you to use as guidelines for your baby's transition from liquids to solids and even to family-friendly foods. But remember, baby's doctor knows best. Always check with your pediatrician before introducing any new food.

Our chefs have worked with pediatric nutritionists to create balanced, baby-healthy menus, using the most natural ingredients available. This collection of nutritious, age-appropriate recipes was developed and carefully tested in our test kitchens. Plus, these menus are focused on all the good things little bodies need to grow.

Making your own baby food saves you precious time, saves money, and since you choose your own ingredients, you can be confident in always knowing exactly what your baby is eating. Moms are always busy, and your time is precious. So, our recipes are quick and easy to prepare. Now, spend more of that precious time with your little one.



for all ages & stages

how to cook baby's food

For optimal nutrient retention, steam or bake baby's foods using as little water as possible. When pureeing, use any leftover liquid to increase the nutritional content.

save precious time

Many foods can be made ahead and refrigerated or frozen. Prepare larger portions, freeze them in ice cube trays, then store in lock-tight freezer bags for later use. Each cube is equivalent to a 1-ounce (30 g) serving.

when to introduce new foods

Health Canada and the Canadian Pediatrics Society recommends that infants not be started on solid foods until after 6 months of age.

Fruits may be served raw after 8 months. Bananas and avocados require no cooking.

Vegetables should be cooked until baby can chew (around 12 months old). Keep pieces small, about ½" (1.25 cm) cubes.

Proteins and meats must always be fully cooked through. Never serve raw meat or fish to a small child.

Dairy should not replace breast milk or formula until baby is 12 months or older.

Never give a child under 2 years old lowfat or skim milk products. Whole milk is instrumental in providing the necessary fat for a baby's healthy diet.

Health Canada
www.nc-sc.gc.ca
Canadian Pediatrics Society
www.cps.ca



first foods (6 months)

is baby ready?

Every baby develops at his or her own pace, but some common changes and behaviors can indicate a readiness for solid foods. Watch for:

- baby holding head up
- chewing motion
- doubled birth weight
- ability to sit in high chair
- curiosity about food
- mouth closing around spoon
- hunger even after full feedings of breast milk or formula
- teething
- less tendency to push food out with tongue

tips & hints

Be smart: Always check with your pediatrician before beginning baby on any new food.

Be careful: Add new foods one at a time, one teaspoon (5 ml) at a time. And wait three days before beginning another new food to be sure baby is not allergic.

Your Cuisinart® Food Processor lets you purée foods to ultra-smooth consistencies for baby's first spoonfuls.

Save time by preparing larger portions and freezing them in ice cube trays.

Each cube is equal to 1 ounce (30 ml), which is a complete serving for baby.

Never refreeze any food that has previously been frozen.

When introducing a new food, if baby doesn't accept it, try again in a few days.



first foods – recipes

The first solid food to introduce is cereal. Start with rice, barley or oatmeal – these grains are the least likely to cause an allergic reaction.

Mix 1 teaspoon (5 ml) of cereal with 4 to 5 teaspoons (20 - 25 ml) of breast milk or formula. It should be very runny until baby gets used to this new way of eating.

After 3 days, if no allergic reaction occurs, use your Cuisinart® Food Processor to purée fruits and vegetables.

Use cooking liquids from fruits and vegetables to thin cereals. The liquids are full of nutrients that help baby grow strong and healthy.

Makes eight 1-ounce (30 g) servings

½ pound frozen peas (or 3 cups [750 ml] fresh green beans, ends trimmed, any visible strings removed).

Place peas (or green beans) in a steamer basket in a saucepan with one inch (2.5 cm) of water. Cover tightly and bring to a boil over medium heat; lower heat and steam peas for about 20 to 25 minutes, until very soft.

Process peas in Cuisinart® Food Processor fitted with metal chopping blade for about 30 seconds. Scrape work bowl. Process for an additional 20 seconds adding

1 tablespoon (15 ml) of cooking liquid at a time until desired consistency is reached.

Allow mixture to cool. Store in airtight container for up to 3 days. Do not freeze.

Nutritional information per 1-ounce (30 g) serving :
(peas)
Calories 12 (6% from fat) • carb. 2g • pro. 1g • fat 0g
sat. fat 0g • chol. 0mg • sod. 1mg • calc. 14mg • fiber 1g

Nutritional information per 1-ounce serving:
(green beans)
Calories 9 (3% from fat) • carb. 2g • pro. 1g • fat 0g
sat. fat 0g • chol. 0mg • sod. 2mg • calc. 10mg • fiber 1g



P is for PEAS
G is for GREEN BEANS

Makes twelve 1-ounce (30 g) servings

1½ pounds (750 g) zucchini, trimmed
Assemble Cuisinart® Food Processor with medium slicing blade. Slice zucchini and place in a steamer basket in a saucepan with one inch (2.5 cm) of water. Cover tightly and bring to a boil over medium-high heat; lower heat and steam zucchini for about 15 minutes, or until very soft.

Process zucchini in the Cuisinart® Food Processor fitted with metal chopping blade. Process for 20 seconds. Scrape work bowl. Process for an additional 20 seconds until desired consistency is reached.

Allow mixture to cool. Store in refrigerator in airtight container for up to 3 days or fill ice cube trays or other 1-ounce (30 g) containers to freeze.

Nutritional information per 1-ounce (30 g) serving:
Calories 6 (7% from fat) • carb. 1g • pro. 0g • fat 0g
sat. fat 0g • chol. 0mg • sod. 1mg • calc. 6mg • fiber 1g



Z is for ZUCCHINI

Makes eight 1-ounce (30 g) servings

1 medium sweet potato
(approx. 10 ounces [283 g]), peeled and cut into ½-inch (1.25 cm) cubes

Place cubed sweet potato in a steamer basket in a saucepan with one inch (2.5 cm) of water. Cover tightly and bring to a boil over medium-high heat; lower heat and steam sweet potatoes for about 20 minutes, or until very soft.

Place steamed sweet potato in Cuisinart® Food Processor fitted with the metal chopping blade. Process for 30 seconds. Scrape sides of bowl and process for an additional 30 seconds adding 1 tablespoon

(15 ml) of cooking liquid at a time to achieve desired consistency.

Allow mixture to cool. Store in refrigerator in airtight container for up to 3 days or fill ice cube trays to freeze.

Nutritional information per 1-ounce (30 g) serving:
Calories 42 (1% from fat) • carb. 10g • pro. 1g • fat 0g
sat. fat 0g • chol. 0mg • sod. 3mg • calc. 6mg • fiber 1g



S is for SWEET POTATOES

Makes twenty-two 1-ounce (30 g) servings

1 butternut squash, 2 pounds (1 kg) – peeled, seeded, and cut into 1-inch (2.5 cm) cubes

Place cubed squash in a steamer basket in a saucepan with one inch of water. Cover tightly and bring to a boil over medium-high heat; lower heat and steam squash for about 20 to 25 minutes, or until very soft.

Process squash in the Cuisinart® Food Processor fitted with the metal chopping blade for 15 to 20 seconds. Scrape sides of bowl and process for an additional 10 seconds. For a smoother consistency, pulse in

1 tablespoon (15 ml) of cooking liquid at a time to the squash purée.

Allow mixture to cool. Store in refrigerator in airtight container for up to 3 days or fill ice cube trays to freeze.

Nutritional information per 1-ounce (30 g) serving: Calories 19 (2% from fat) • carb. 5g • pro. 0g • fat 0g sat. fat 0g • chol. 0mg • sod. 2mg • calc. 20mg • fiber 1g



B is for BUTTERNUT SQUASH

Makes about twelve 1-ounce (30 g) servings

1 pound (500 g) carrots, peeled and trimmed

Insert the slicing blade on the Cuisinart® Food Processor work bowl. Arrange the carrots in the small feed tube and slice using the small pusher.

Place sliced carrots in a steamer basket in a saucepan with an inch (2.5 cm) of water. Cover tightly and bring to a boil over medium-high heat; lower heat and steam carrots for 20 minutes, or until completely soft.

Place steamed carrots in Cuisinart® Food Processor fitted with the metal chopping blade. Pulse 5 times and then turn machine

on for 20 seconds. Scrape work bowl. Process for 20 more seconds. For a smoother consistency, pulse in 1 tablespoon (15 ml) of cooking liquid until desired consistency is reached.

Allow mixture to cool. Store in refrigerator in airtight container for up to 3 days or fill ice cube trays to freeze.

Nutritional information per 1-ounce (30 g) serving: Calories 16 (4% from fat) • carb. 4g • pro. 0g • fat 0g sat. fat 0g • chol. 0mg • sod. 13mg • calc. 10mg • fiber 1g



C is for CARROTS

Makes about twenty 1-ounce (30 g) servings

2½ pounds (1.1 kg) apples (Golden Delicious), approximately 6 medium apples, peeled, cored and cubed

OR

2½ pounds (1.1 kg) (Bartlett) pears

Place apple cubes (or pear cubes) in a steamer basket in a saucepan with one inch (2.5 cm) of water (or unsweetened apple juice). Cover tightly and bring to a boil over medium-high heat; lower heat and steam apples (or pears) for 15 minutes, or until extremely soft.

Process apples (or pears) in the Cuisinart® Food Processor fitted with metal chopping blade for

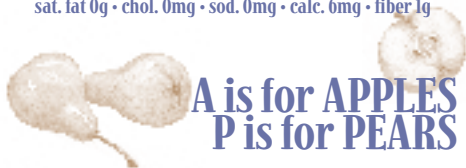
about 15 to 20 seconds. Scrape work bowl. Process for 10 more seconds.

Allow mixture to cool. Store in refrigerator in airtight container for up to 4 days or fill ice cube trays or other containers to freeze.

Nutritional information per 1-ounce (30 g) serving (apples):

Calories 32 (4% from fat) • carb. 8g • pro. 0g • fat 0g
sat. fat 0g • chol. 0mg • sod. 0mg • calc. 2mg • fiber 1g (pears)

Nutritional information per 1-ounce (30 g) serving:
Calories 33 (5% from fat) • carb. 9g • pro. 0g • fat 0g
sat. fat 0g • chol. 0mg • sod. 0mg • calc. 6mg • fiber 1g



**A is for APPLES
P is for PEARS**

Makes about twelve 1-ounce (30 g) servings

2 pounds (1 kg) fresh apricots, peeled, pitted, and cubed

Place apricot cubes in a steamer basket in a saucepan with one inch (2.5 cm) of water (or unsweetened apple juice). Cover tightly and bring to a boil over medium-high heat; lower heat and steam apricots for about 10 to 15 minutes, or until very soft.

Process apricots in the Cuisinart® Food Processor fitted with metal chopping blade for 20 seconds. Scrape work bowl. Process for 10 more seconds.

Allow mixture to cool. Store in refrigerator in airtight container for up to 4 days or fill ice cube trays to freeze.

Nutritional information per 1-ounce (30 g) serving:
Calories 36 (7% from fat) • carb. 8g • pro. 1g • fat 0g
sat. fat 0g • chol. 0mg • sod. 1mg • calc. 11mg • fiber 2g



A is for APRICOT

Makes about four 1-ounce (30 g) servings

1 medium avocado

Place avocado pulp in Cuisinart® Food Processor fitted with metal chopping blade. Process for 30 seconds. Scrape work bowl and process again for an additional 20 seconds. Process in breast milk or formula for the smoothest consistency.

Store in refrigerator in airtight container for up to 2 days.

Do not freeze.

**Nutritional information per 1-ounce (30 g) serving:
Calories 81 (79% from fat) • carb. 4g • pro. 1g • fat 8g
sat. fat 1g • chol. 0mg • sod. 5mg • calc. 6mg • fiber 3g**



A is for AVOCADO

Frozen peaches are a great way to have peaches in season all year long.

Makes about eight 1-ounce (30 g) servings

**½ pound (250 g) frozen peach slices,
thawed**

Place thawed peach slices in Cuisinart® Food Processor fitted with metal chopping blade. Process for 20 seconds, scrape bowl, and process again for an additional 10 seconds.

Use within 4 days of puréeing.

Do not freeze.

**Nutritional information per 1-ounce (30 g) serving:
Calories 17 (8% from fat) • carb. 4g • pro. 0g • fat 0g
sat. fat 0g • chol. 0mg • sod. 0mg • calc. 0mg • fiber 1g**



P is for PEACH

Makes about twelve 1-ounce (30 g) servings

1½ pounds (750 g) plums, peeled, pitted, and cubed

Place plum cubes in a steamer basket in a saucepan with one inch (2.5 cm) of water (or unsweetened apple juice). Cover tightly and bring to a boil over medium-high heat; lower heat and steam plums for about 10 minutes, or until very soft.

Process plums in Cuisinart® Food Processor fitted with metal chopping blade. Process for about 15 to 20 seconds. Scrape work bowl. Process for an additional 10 seconds.

Allow mixture to cool. Store in refrigerator in airtight container for up to 4 days or fill ice cube trays to freeze.

Nutritional information per 1-ounce (30 g) serving:
Calories 31 (9% from fat) • carb. 7g • pro. 0g • fat 0g
sat. fat 0g • chol. 0mg • sod. 0mg • calc. 2mg • fiber 1g



P is for PLUMS

Makes sixteen 1-ounce (30 g) servings

2 cups (500 ml) dried prunes, pitted

Soak prunes in cold water overnight.

Strain prunes and place in saucepan, covered by 2 inches (5 cm) of water. Bring to a boil and then reduce to simmer. Simmer for 25 to 30 minutes, until soft.

Process prunes in Cuisinart® Food Processor fitted with metal chopping blade. Process for 30 seconds. Process again adding the cooking liquid to create the smoothest consistency.

Because prunes have skins, they should be strained for babies in the earliest stage.

Allow mixture to cool. Store in refrigerator in airtight container for up to 3 days or fill ice cube trays or other containers to freeze.

Nutritional information per 1-ounce (30 g) serving:
Calories 48 (2% from fat) • carb. 13g • pro. 1g • fat 0g
sat. fat 0g • chol. 0mg • sod. 1mg • calc. 10mg • fiber 1g



P is for PRUNES

Makes about six 1-ounce (30 g) servings

- 2 tablespoons (30 ml) peach purée**
- 1 ripe banana**
- ½ cup (125 ml) cooked brown rice**

Place ingredients in the work bowl of the Cuisinart® Food Processor. Process mixture for 30 seconds, scrape bowl and process until desired consistency is reached. Breast milk or formula should be added for the smoothest texture.

Store in refrigerator in airtight container for up to 3 days.

Nutritional information per 1-ounce (30 g) serving:
Calories 39 (5% from fat) • carb. 9g • pro. 1g • fat 0g
sat. fat 0g • chol. 0mg • sod. 0mg • calc. 3mg • fiber 1g



PEACHES WITH BANANAS & RICE

Makes about eight 1-ounce (30 g) servings

- 1 carrot, peeled**
- 1 small zucchini, ends trimmed**
- 1 cup (250 ml) green beans, ends trimmed**
- 1 handful fresh spinach**

Assemble Cuisinart® Food Processor with medium slicing blade. Slice carrot and zucchini and place in steamer basket with green beans and spinach. Place steamer basket in a saucepan with one inch (2.5 cm) of water. Cover tightly and bring to a boil over medium-high heat; lower heat and steam for about 20 minutes, or until very soft.

Place steamed vegetables in Cuisinart® Food Processor fitted with metal chopping blade. Process for 30 seconds. Scrape work bowl. Process for 20 more seconds.

Allow mixture to cool. Store in refrigerator in airtight container for up to 3 days or fill ice cube trays or other containers to freeze.

Nutritional information per 1-ounce (30 g) serving:
Calories 11 (5% from fat) • carb. 3g • pro. 1g • fat 0g
sat. fat 0g • chol. 0mg • sod. 10mg • calc. 16mg • fiber 1g



V is for VERY VEGGIE

Makes about twelve 1-ounce (30 g) servings

- 2 medium apples
- 4 ounces (115 g) butternut squash purée

Place apple cubes in a steamer basket in a saucepan with one inch (2.5 cm) of water (or unsweetened apple juice). Cover tightly and bring to a boil over medium-high heat; lower heat and steam fruit for about 15 minutes, or until very soft.

Process fruit with squash purée in Cuisinart® Food Processor fitted with metal chopping blade for about 30 seconds. Scrape work bowl. Process for 10 more seconds.

Allow mixture to cool. Store in refrigerator in airtight container for up to 3 days or fill ice cube trays to freeze.

Nutritional information per 1-ounce (30 g) serving:
Calories 16 (4% from fat) • carb. 4g • pro. 0g • fat 0g
sat. fat 0g • chol. 0mg • sod. 5mg • calc. 5mg • fiber 1g



S is for SQUASHED APPLES

Makes about twelve 1-ounce (30 g) servings

- 1 cup (250 ml) cooked brown rice
- ¼ cup (50 ml) ripe avocado
- 4 tablespoons (60 ml) (2 ounces) zucchini purée

Process ingredients in the Cuisinart® Food Processor fitted with the metal chopping blade for 30 seconds. Scrape bowl and process again until desired consistency is achieved. For smoothest consistency process in breast milk or formula.

Store in airtight container in refrigerator for up to 3 days. Do not freeze.

Nutritional information per 1-ounce (30 g) serving:
Calories 26 (29% from fat) • carb. 4g • pro. 1g • fat 1g
sat. fat 0g • chol. 0mg • sod. 1mg • calc. 3mg • fiber 1g



B is for BROWN RICE, ZUCCHINI & AVOCADO

finger foods (8 months and up)

is baby ready?

When baby seems to want a little more than FIRST FOODS and is attempting to pick up small items between their thumb and forefinger...it's time to add some FINGER FOODS to the menu.

Remember that babies develop at their own pace. Watch for these common changes and behaviors that indicate a readiness for this exciting next step in eating:

- all the signs for 6 months and up, plus:
- transfers items from hand to hand
- everything goes into the mouth!
- playful and more constant chewing motion

tips & hints

Be smart: Always check with your pediatrician before beginning baby on any new food.

Be careful: Add new foods one at a time, one teaspoon (5 ml) at a time. And wait three days to be sure baby is not allergic.

This is a fun stage, because your baby finally has a little control. The small motor skills are improving day by day. You'll be as excited as your baby is when those tiny pieces of food successfully reach the mouth.

Your baby has mastered sitting in the high chair, so use the tray as a "plate" to introduce finger foods. For now, eliminating the dish will save many of the big spills.

Keep your camera handy! Your baby will delight at discovering new tastes and textures, and most of all, the ability to feed themselves is something you will want to share with friends and family.



finger foods – recipes

As your baby's menu selection increases, your Cuisinart® Food Processor will save you even more time. Fruit and vegetable "ice cubes" that you've pureed and frozen ahead of time can be thawed and mixed with baby's first meats, fish and proteins. Each cube is equivalent to 1 ounce (30 ml). Just check the recipe and add what you need. It's easy!

When baby tires of the super-smooth consistencies of first foods, use the pulse control on your Cuisinart® Food Processor to create a variety of different textures. Pulse-chop cooked apples, stopping just before the purée stage. Or, chop cooked lean meats or poultry, as recommended in the following recipes, and form little baby-size meatballs.

Makes about 12 biscuits

- 2 tablespoons (30 ml) canola oil
- 2 egg yolks
- 1 teaspoon (5 ml) pure vanilla extract
- ¼ cup (50 ml) sugar
- 1½ cups (375 ml) baby cereal
- 1 tablespoon (15 ml) wheat germ
- 1 teaspoon (5 ml) baking powder
- 1-2 teaspoons (5-10 ml) water

Preheat oven to 325°F (160°C). Line a baking sheet with parchment paper.

Place oil and egg yolks in Cuisinart® food processor fitted with metal chopping blade. Process for 10 seconds. Add the sugar and process again for 10 more

seconds so that ingredients are combined. Add remaining dry ingredients and pulse until mixture comes together. Mixture may appear dry; if so, add 1 to 2 teaspoons (5-10 ml) of water so that mixture does come together. Dough will be very stiff. Knead dough on a sheet of wax paper and roll into a thick cylinder (about 5 to 6 inches [13 to 15 cm] long). Cut ¼-inch (0.6 cm) slices from log and arrange on baking sheet.

Bake for about 20 to 25 minutes, flipping biscuits over halfway through bake time.

Nutritional information per biscuit:

Calories 68 (47% from fat) • carb. 8g • pro. 1g • fat 4g
sat. fat 0g • chol. 35mg • sod. 36mg • calc. 45mg • fiber 0g

T is for TEETHING BISCUITS

Makes about twenty-two ½-inch (1.25 cm) sticks

- 1 small zucchini, about 5 to 6 ounces (145-170 g)
- 1 cup + 2 tablespoons (280 ml) unbleached, all-purpose flour
- ½ teaspoon (2 ml) ground cinnamon
- ½ teaspoon (2 ml) salt
- ½ teaspoon (2 ml) baking powder
- ¼ cup (50 ml) oil
- ½ cup (125 ml) brown sugar
- 3 eggs yolks
- 3 tablespoons (45 ml) water

Preheat oven to 350°F (180°C). Butter a loaf pan. Shred the zucchini with shredding disc, reserve. Combine dry ingredients together in a small

mixing bowl.

Process oil and brown sugar together in work bowl fitted with metal chopping blade. Scrape bowl and process again. Add eggs and water and process for 20 seconds. Pulse in dry ingredients until combined. Pulse in zucchini. Pour batter into loaf pan and bake until a cake tester comes out clean, about 45 minutes.

Cool cake and slice into ¼ inch (0.6 cm) slices and half each slice. Place on cookie sheet and bake at 350°F (180°C) for 30 minutes; flip sticks halfway through bake time. Leave out until hard.

Nutritional information per stick:
Calories 69 (39% from fat) • carb. 9g • pro.1g • fat 3g
sat fat 0g • chol 19mg • sod. 70mg • Calc. 10mg • fiber 0g

Z is for ZUCCHINI BREAD TEETHING STICKS

Makes about ten 1-ounce (30 g) servings

- 1 medium ripe mango, peeled, pitted and cut into ½-inch (1.25 cm) cubes (approximately 2 cups [250 ml] of cubes)
- OR**
- 2 cups fresh ripe papaya cut into ½-inch (1.25 cm) cubes

Place mango (or papaya) cubes in Cuisinart® Food Processor fitted with metal chopping blade. Process for 20 seconds, scrape work bowl and process again for an additional 20 seconds until desired consistency is reached.

Serve immediately, refrigerate up to 4 days, or freeze in 1-ounce (30 g) portions.

Nutritional information per 1-ounce (30 g) serving:
(Mangoes)

Calories 13 (3% from fat) • carb. 4g • pro. 0g • fat 0g
sat. fat 0g • chol. 0mg • sod. 0mg • calc. 2mg • fiber 0g

Nutritional information per 1-ounce serving:
(Papaya)

Calories 9 (3% from fat) • carb. 2g • pro. 0g • fat 0g
sat. fat 0g • chol. 0mg • sod. 1mg • calc. 6mg • fiber 0g



M is for MANGOES
P is for PAPAYAS

Makes about twelve 1-ounce (30 g) servings

- 1 cup (250 ml) cottage cheese**
- ¼ cup (50 ml) peach purée**
- ½ banana**

Place ingredients in Cuisinart® Food Processor fitted with metal chopping blade. Process for 30 seconds or until desired consistency is reached.

Serve immediately or store in airtight container for up to 2 days in refrigerator.

Nutritional information per 1-ounce (30 g) serving:
Calories 33 (23% from fat) • carb. 4g • pro. 2g • fat 1g
sat. fat 1g • chol. 3mg • sod. 71mg • calc. 11mg • fiber 0g



C is for COTTAGE CHEESE DELIGHT

Makes about ten 1-ounce (30 g) servings

- 1 cup (250 ml) cooked oatmeal**
- 1 ripe banana**
- 2 tablespoons (30 ml) pureed apricots (or any fruit purée)**

Place oatmeal, banana and apricot purée in the Cuisinart® Food Processor. Process mixture for 30 seconds, scrape bowl and process until desired consistency is reached. Breast milk or formula can be added for an even smoother texture.

Nutritional information per 1-ounce (30 g) serving:
Calories 26 (10% from fat) • carb. 6g • pro. 1g • fat 0g
sat. fat 0g • chol. 0mg • sod. 0mg • calc. 3mg • fiber 1g



B is for BANANA-APRICOT OATMEAL

Babies should avoid egg whites in the first year of life.

Makes 1 to 2 servings

- 2 egg yolks**
- 2 tablespoons (30 ml) vegetable purée**

Heat a small skillet over medium-low heat. Stir yolks together and add them to the skillet. Allow to cook until the yolk is completely cooked through.

Place cooked yolk and vegetable purée in Cuisinart® Food Processor fitted with the metal chopping blade. Process until desired consistency is achieved – for the smoothest consistency add breast milk or formula.

**Nutritional information per serving:
Calories 61 (76% from fat) • carb. 1g • pro. 3g • fat 5g
sat. fat 2g • chol. 213mg • sod. 8mg • calc. 25mg • fiber 0g**



E is for EGG YOLK OMELET

Easy and nutritious pick-up food

Makes about 8 servings

- 1 medium sweet potato, about 7 ounces, peeled and cut in half**
- ½ teaspoon (2 ml) olive oil (optional)**

Preheat oven to 350°F (180°C).

Insert slicing blade assembly to Cuisinart® Food Processor. Slice both halves of the sweet potato. Toss slices in a mixing bowl with olive oil.

Pour ½ cup (125 ml) water onto a jellyroll pan. Arrange slices on sheet tray and bake in oven for about 15 to 20 minutes, until slices are soft.

Cool and serve.

**Nutritional information per serving:
Calories 80 (42% from fat) • carb. 10g
pro. 1g • fat 3g • sat. fat 1g • chol. 0mg • sod. 3mg
calc. 6mg • fiber 1g**



S is for SWEET POTATO “CHIPS”

Makes about twelve 1-ounce (30 g) servings

- 1 medium sweet potato, about 10 ounces, cut into ½-inch (1.25 cm) cubes
- 4 ounces (115 g) broccoli florets

Place sweet potato and broccoli in a steamer basket in a saucepan with one inch of water. Cover, bring to a boil over high heat; lower heat to medium and steam vegetables until completely soft, 20 minutes.

Place steamed vegetables in the Cuisinart® Food Processor fitted with the metal chopping blade. Process for 30 seconds. Scrape bowl, process for an additional 30 seconds,

adding 1 tablespoon (15 ml) of cooking liquid at a time to achieve desired consistency.

Cool, store in refrigerator in airtight container for up to 3 days or freeze.

Nutritional information per 1-ounce (30 g) serving:
Calories 30 (2% from fat) • carb. 7g • pro. 1g • fat 0g
sat. fat 0g • chol. 0mg • sod. 5mg • calc. 9mg • fiber 1g



B is for BROCCOLI AND SWEET POTATO

Makes sixteen 1-ounce (30 g) servings

- ½ pounds (750 g) boneless chicken breasts (approximately 3 breasts)

Place chicken in a sauté pan deep enough so that the breasts are covered with water by 1 inch (2.5 cm). Place pan over medium high heat until liquid comes to a simmer. Maintain a simmer by turning the temperature down to low/medium-low. Simmer for 25 minutes, until there is no pink present when breast is cut in the thickest part.

Once cool enough to touch, cut chicken breasts into 1-inch (2.5 cm) pieces. Place chicken pieces in Cuisinart® Food Processor fitted with the metal chopping blade. Pulse

at least 20 times for ground meat. To purée, process while adding poaching liquid until desired consistency is reached.

Cool before serving. Store in airtight container in refrigerator for 2 days or freeze.

Nutritional information per 1-ounce (30 g) serving:
Calories 23 (11% from fat) • carb. 0g • pro. 5g • fat 0g
sat. fat 0g • chol. 12mg • sod. 14mg • calc. 2mg • fiber 0g



B is for BABY CHICKEN

Makes about twelve 1-ounce (30 g) servings

1 pound (500 g) beef trimmed of fat and cut into ½-inch (1.25 cm) cubes

Place beef in a steamer basket in a saucepan with one inch (2.5 cm) of water. Cover tightly and bring to a boil over high heat; lower heat to medium and steam beef for 20 to 25 minutes, until completely cooked through.

Place beef in the Cuisinart® Food Processor fitted with the metal chopping blade. Pulse for ground beef and process for a finer grind. For a smoother purée,

process with cooking liquid until the desired consistency is achieved.

Nutritional information per 1-ounce (30 g) serving:
Calories 52 (35% from fat) • carb. 0g • pro. 8g • fat 2g
sat. fat 1g • chol. 23mg • sod. 25mg • calc. 2mg • fiber 0g



B is for BABY BEEF

Avoid any fish with high mercury content such as tuna.

Makes about twelve 1-ounce (30 g) servings

1 pound (500 g) fish, trimmed and cut into 1-inch (2.5 cm) cubes

Place fish in a steamer basket in a saucepan filled with one inch (2.5 cm) of water. Cover tightly and bring to a boil over high heat; lower heat to medium and steam fish for 15 minutes, until completely cooked through.

Place fish in the Cuisinart® Food Processor fitted with the metal chopping blade. Pulse for ground fish and process for a finer grind. For a smoother purée, process with cooking liquid until the desired consistency is achieved.

Nutritional information per 1-ounce (30 g) serving:
Calories 51 (41% from fat) • carb. 0g • pro. 7g • fat 2g
sat. fat 0g • chol. 23mg • sod. 19mg • calc. 10mg • fiber 0g



B is for BABY FISH

This nutritious all-in-one meal covers every food group.

Makes about sixteen 1-ounce (30 g) servings

- 1 cup (250 ml) cooked, soft barley
- ½ cup (125 ml) chicken, purée or ground
- ¼ cup (50 ml) butternut squash purée
- ¼ cup (50 ml) spinach purée

Place all ingredients in Cuisinart® Food Processor fitted with metal chopping blade. Pulse until desired consistency is achieved. For the smoothest consistency, process with breast milk or formula.

Store in airtight container in refrigerator for up to 2 days.

Nutritional information per 1-ounce (30 g) serving:
Calories 23 (5% from fat) • carb. 3g • pro. 2g • fat 0g
sat. fat 0g • chol. 4mg • sod. 5mg • calc. 5mg • fiber 1g



C is for CHICKEN AND BARLEY DINNER

Tofu is a great and easy way to get protein into your little one's diet.

Makes about twelve 1-ounce (30 g) servings

- 1 cup (250 ml) cooked brown rice
- ¼ cup (50 ml) sweet potato purée
- ½ cup (125 ml) tofu, cubed
- 2 tablespoons (30 ml) green vegetable purée
- ¼ cup (50 ml) avocado pulp

Place all ingredients in Cuisinart® Food Processor fitted with metal chopping blade. Process to desired consistency. For the smoothest consistency, add breast milk or formula as desired.

Store in airtight container in refrigerator for up to 2 days.

Nutritional information per 1-ounce (30 g) serving:
Calories 40 (30% from fat) • carb. 6g • pro. 1g • fat 1g
sat. fat 0g • chol. 0mg • sod. 2mg • calc. 15mg • fiber 1g



T is for TOFU DINNER

Makes about eight 1-ounce (30 g) servings

- ½ cup (125 ml) cooked brown rice
- ¼ cup (50 ml) chicken, cooked, ground and puréed
- 2 tablespoons (30 ml) pinto beans
- 1 tablespoon (15 ml) yogurt or shredded Cheddar cheese
- 2 tablespoons (30 ml) avocado pulp

Place all ingredients in Cuisinart® Food Processor fitted with metal chopping blade. Pulse until desired consistency is reached. Process with breast milk or formula for the smoothest consistency.

Store in airtight container in refrigerator for up to 2 days.

Nutritional information per 1-ounce (30 g) serving:
Calories 31 (26% from fat) • carb. 4g • pro. 2g • fat 1g
sat. fat 0g • chol. 4mg • sod. 4mg • calc. 6mg • fiber 1g



S is for SOUTH OF THE BORDER CHICKEN

Makes about eight 1-ounce (30 g) servings

- ½ cup (125 ml) brown rice, cooked
- ¼ cup (50 ml) lamb, cooked, ground and puréed
- ¼ cup (50 ml) sweet potato purée

Place all ingredients in Cuisinart® Food Processor fitted with metal chopping blade. Pulse until desired consistency is reached. Process with breast milk or formula for the smoothest consistency.

Store in airtight container in refrigerator for up to 2 days.

Nutritional information per 1-ounce (30 g) serving:
Calories 37 (20% from fat) • carb. 5g • pro. 2g • fat 1g
sat. fat 0g • chol. 7mg • sod. 6mg • calc. 3mg • fiber 1g



B is for BROWN RICE, LAMB AND SWEET POTATOES

Makes eight 1-ounce (30 g) servings

- ½ cup (125 ml) turkey, cooked, ground and puréed**
- ¼ cup (50 ml) sweet potato purée**
- 2 tablespoons (30 ml) green bean purée**
- 2 tablespoons (30 ml) steamed corn**

Place all ingredients in Cuisinart® Food Processor fitted with metal chopping blade. Pulse until desired consistency is reached. Process with breast milk or formula for the smoothest consistency.

Store in airtight container in refrigerator for up to 2 days.

Nutritional information per 1-ounce (30 g) serving:
Calories 24 (17% from fat) • carb. 2g • pro. 3g • fat 0g
sat. fat 0g • chol. 7mg • sod. 7mg • calc. 5mg • fiber 0g



V is for VEGGIE TURKEY DINNER

Makes eight 1-ounce (30 g) servings

- ½ cup (125 ml) cooked pasta or couscous**
- ¼ cup (50 ml) beef or chicken, cooked, ground and puréed**
- 2 tablespoons (30 ml) spinach purée**
- 2 tablespoons (30 ml) butternut squash purée**

Place all ingredients in Cuisinart® Food Processor fitted with metal chopping blade. Pulse until desired consistency is reached. Process with breast milk or formula for the smoothest consistency.

Store in airtight container in refrigerator for up to 2 days.

Nutritional information per 1-ounce (30 g) serving:
Calories 23 (6% from fat) • carb. 3g • pro. 2g • fat 0g
sat. fat 0g • chol. 4mg • sod. 5mg • calc. 4mg • fiber 0g



P is for PASTA DINNER

family foods, finally! (12 months and up)

Is baby ready?

If you are asking yourself that question, baby might not be ready! But chances are your son or daughter has already started to let you know that he or she is eager to share your meals and to eat at the family table.

Baby should be starting to use a spoon, probably with limited success at first. But he'll master it more quickly than you think!

The eagerness with which baby wants to learn to feed himself, and the pure joy at any little success are among the many things that make parenthood so much fun. When is baby ready to eat what the rest of the family is eating? He'll let you know!

tips & hints

Be smart: Always check with your pediatrician before beginning baby on any new food.

Be careful: Add new foods one at a time, one teaspoon (5 ml) at a time. And wait three days to be sure baby is not allergic.

Studies prove that family dinners are one of the childhood experiences many exceptionally successful adults have in common. Now is the time to start your own traditions and your Cuisinart® Food Processor should be at your side every step of the way.

Remember: even at this stage, if baby doesn't accept a new food, try it again in a few days.



finger foods – recipes

You've already discovered that your food processor does a lot more than purée and finely chop baby foods. As your little one joins the family table, this is your chance to use your food processor that was born to feed your baby. Now not only can you be sure what baby is eating, you can lock in healthy eating habits...for everyone.

If baby hasn't mastered the fork, he will, and that opens up even more family friendly food options to him. From muffins to meatballs, keep it fun, keep it easy and keep it healthy, with your Cuisinart® Food Processor!

Makes 12 muffins

- 2 cups (500 ml) unbleached, all-purpose flour
- 2 teaspoons (10 ml) baking powder
- ½ teaspoon (2 ml) salt
- ½ teaspoon (2 ml) cinnamon
- ¼ cup (50 ml) unsalted butter, melted
- ½ cup (125 ml) packed light brown sugar
- ½ cup (125 ml) sour cream
- 1 large egg
- 1 teaspoon (5 ml) vanilla
- ¼ cup (50 ml) milk
- 1 cup (250 ml) blueberries, fresh or frozen granulated sugar for dusting

Preheat oven to 400 °F (200°C). Thoroughly spray a 12-cup (30 cm) muffin tin. Stir together dry ingredients in a small bowl; reserve.

Process butter and brown sugar in Cuisinart® Food Processor until incorporated. Pulse in sour cream. Scrape bowl, add egg, vanilla, and milk. Process 15 seconds until incorporated. Stop, scrape bowl. Sprinkle flour mixture evenly over the wet ingredients. Pulse to blend in flour. Carefully remove the chopping blade and fold in berries by hand until just blended in.

Scoop batter into prepared muffin tin, ¼ cup (50 ml) for each muffin. Sprinkle tops liberally with granulated sugar.

Bake in preheated oven until tops are golden and cake tester comes out clean; 20 to 25 minutes.

Nutritional information per muffin:

Calories 182 (33% from fat) • carb. 27g • pro.3g • fat 7g
sat. fat 4g • chol. 33mg • sod. 182mg • calc. 45mg • fiber 1g

B is for BLUEBERRY MUFFINS

Makes about 12 servings

- 1 tablespoon (15 ml) unsalted butter
- 1 small leek, washed well and cut into 1-inch (25 cm) pieces (about ½ ounce [15 g])
- 3 ounces (85 g) Swiss or Cheddar cheese
- 1 medium potato, peeled, 8 ounces (227 g)
- 1 tablespoon (15 ml) olive oil
- 1 medium zucchini, trimmed, 6 ounces (170 g)
- ¼ teaspoon (1 ml) salt
- 7 large eggs
- ½ cup (125 ml) milk

Preheat oven to 400°F (200°C). Place an ovenproof 12-inch (30 cm) nonstick skillet over medium heat and add butter.

Pulse leek to chop in Cuisinart® Food Processor, using metal chopping blade,

add to skillet.

Shred cheese with shredding disc; reserve.

Attach slicing disc and slice potato. Place potato slices in concentric circles in skillet with olive oil. Slice zucchini; when potatoes begin to brown slightly, 8 to 10 minutes, add zucchini and salt. Continue cooking until vegetables are slightly browned all over; 5 to 8 minutes.

When vegetables are ready, whisk together eggs, milk and cheese. Pour egg mixture directly into skillet. When eggs are set on the bottom, bake 8 to 10 minutes until set. Broil frittata until lightly golden on top. Carefully slide out onto serving platter and serve immediately.

Nutritional information per serving:
Calories 117 (56% from fat) • carb. 6g • pro.7g • fat 7g • sat. fat 3g • chol. 134mg • sod. 113mg • calc. 104mg • fiber 1g

P is for POTATO ZUCCHINI FRITTATA

Makes 4 cups (1 L)

- 1 small garlic clove
- 3 cans (15.5-ounce [439 g]) chickpeas, drained
- 1 teaspoon (5 ml) kosher salt
- 1/3 cup (75 ml) tahini
- 1/4 cup (50 ml) lemon juice
- 1/4 cup (50 ml) water
- 1/4 cup (50 ml) extra virgin olive oil

Insert metal chopping blade into Cuisinart® Food Processor. With machine running, drop garlic clove through feed tube to chop. Add drained chickpeas, salt, tahini, lemon juice and water to work bowl. Process 60 seconds to combine. Scrape work bowl. With machine

running, add olive oil through small feed tube in a slow stream. When the hummus is smooth and creamy, scrape work bowl and process again to fully incorporate all ingredients. Taste for seasoning. Transfer to a serving bowl and allow to sit for 30 minutes before serving for all flavors to fully develop.

If desired, drizzle hummus with additional olive oil and serve with crudité vegetables and pita wedges.

Nutritional information per serving:

Calories 155 (39% from fat) • carb. 19g • pro.5g • fat 7g
sat. fat 1g • chol. 0mg • sod. 328mg • calc. 47mg • fiber 4g

H is for HUMMUS

Makes 4 wrap sandwiches

- 4 ounces (115 g) Cheddar cheese
- 1 teaspoon (5 ml) olive oil
- 1 medium red pepper, about 6 ounces, (170 g) cut in half and seeded
- 1 medium zucchini, about 6 ounces, (170 g) ends trimmed, sliced
- 1/4 teaspoon (2 ml) kosher salt
- 4 ounces (115 g) firm tofu, cut in 1/2-inch (1.25 cm) cubes
- 1/2 avocado
- 1/2 cup (125 ml) hummus
- 4 flour tortillas, burrito size

With slicing blade in Cuisinart® Food Processor, slice Cheddar, reserve. Place a 10-inch (25 cm) skillet over medium heat; add olive oil. Trim ends of red pepper and cut into 4 slabs. Lay them together horizontally in feed tube and slice;

add to skillet. Once peppers have softened, about 4 minutes, stir in zucchini and salt. Sauté until soft and lightly browned, about 4 to 5 more minutes. Stir in tofu; toss to heat through. Lay tortillas on a clean surface. Scoop avocado pulp and cut into slices. Spread 2 tablespoons (30 ml) of hummus on bottom third of each shell, leaving 2 inches (5 cm) to the edge. Top with 2 slices of cheese and avocado. Divide veggie/tofu mixture evenly among wraps.

To wrap: fold bottom of tortilla up, fold both sides in, covering the filling. Roll the sandwich up toward the top of shell. For younger eaters cut the wrap into slices.

Nutritional information per serving:

Calories 366 (50% from fat) • carb. 30g • pro.17g • fat 21g • sat. fat 8g • chol. 30mg • sod.574mg • calc. 305mg • fiber 4g

V is for VEGGIE TOFU WRAPS

Makes 2 cups (500 ml)

- 1 ounce (30 g) red onion (optional)
- 1 ounce (30 g) dill pickle (optional)
- 2 ounces (60 g) celery, peeled and cut into 1-inch (2.5 cm) pieces
- 2 cans white tuna, packed in water, drained
- ¼ cup plus 3 tablespoons (95 ml) mayonnaise
- salt
- pepper

Place onion, pickle, and celery in Cuisinart® Food Processor fitted with metal chopping blade. Pulse ingredients 10 to 15 times to chop finely. Scrape work bowl and

add drained tuna and mayonnaise. Pulse to incorporate ingredients. Season to taste.

Nutritional information per serving:
Calories 136 (58% from fat) • carb. 2g • pro. 12g • fat 9g
sat. fat 1g • chol. 12mg • sod. 120mg • calc. 9mg • fiber 0g

T is for TUNA SALAD

Makes 2 cups (500 ml)

- 1 ounce (30 g) red onion (optional)
- 2 ounces (60 g) celery, peeled and cut into 1-inch (2.5 cm) pieces
- 16 ounces (454 g) poached chicken breast, cut into 1-inch (2.5 cm) pieces
- ¼ cup plus 3 tablespoons mayonnaise (95 ml)
- salt
- pepper

Place onion and celery in Cuisinart® Food Processor fitted with metal chopping blade. Pulse 10 to 15 times to chop finely. Scrape work bowl and add chicken. Pulse about 5 times to chop. Add the

mayonnaise and pulse to combine until desired consistency is reached. Season to taste.

Nutritional information per serving:
Calories 221 (66% from fat) • carb. 0g • pro. 18g • fat 16g
sat. fat 3g • chol. 55mg • sod. 147mg • calc. 12mg • fiber 0g

C is for CHICKEN SALAD

Makes six 4-ounce (115 g) burgers

- 2 ounces (60 g) onion
(about 1 small onion)
- 2 ounces (60 g) carrot, peeled and cut into
1-inch (2.5 cm) pieces
- 1 tablespoon (30 ml) plus 1 teaspoon olive oil
- 2 cups (500 ml) lentils, well-cooked
- 1 large egg
- 2 tablespoons (30 ml) Parmesan cheese,
grated
- 2 teaspoons (10 ml) soy sauce
- 3 tablespoons (45 ml) wheat germ
- ½ cup (125 ml) unbleached,
all-purpose flour

Place small skillet over medium heat. Place onion in Cuisinart® Food Processor fitted with the metal chopping blade. Pulse until well chopped. Add onion

to skillet with 1 teaspoon (5 ml) of olive oil. Chop carrot and add to skillet. Sauté until both have softened slightly, about 8 minutes.

Combine lentils, sautéed vegetables, egg, Parmesan cheese, soy sauce, and wheat germ. Form into 6 patties.

Place flour in a small plate and place a 10-inch (25 cm) nonstick skillet over medium heat. Add remaining oil to skillet. Lightly dust burgers on each side with flour. Sauté for 3 minutes on each side. Serve immediately with sliced tomatoes, avocados, onions and lettuce.

Nutritional information per serving:

Calories 185 (24% from fat) • carb. 25g • pro. 10g • fat 5g • sat. fat 1g • chol. 37mg • sod. 393mg • calc. 52mg • fiber 6g

L is for LENTIL BURGERS

Makes about 18 chicken fingers

- olive oil
- ½ pounds (750 g) chicken breast
- 12 slices white bread, lightly toasted,
crusts removed, crumbled
- 3 ounces (85 g) Parmesan cheese,
cut into ½-inch (1.25 cm) cubes
- 2 large eggs
- 2 tablespoons (30 ml) milk
- ¾ cup (175 ml) unbleached,
all-purpose flour
- salt and pepper

Preheat oven to 375°F (190°C). Line a baking sheet with aluminum foil, coat evenly with a small amount of olive oil. Cut chicken breasts into “finger” strips, about 6 per breast. Process toasted bread in Cuisinart® Food Processor using metal chopping blade to create fine breadcrumbs.

Remove and reserve in a small mixing bowl. Place Parmesan cubes in work bowl and pulse 10 times, then process for 30 seconds to chop finely. Mix in with breadcrumbs. Process eggs and milk for 10 seconds. Remove and reserve in separate bowl. Mix flour in a third bowl with salt and pepper:

Line up bowls of flour, egg wash, and Parmesan breadcrumbs. Dip chicken fingers into flour, then egg, and then breadcrumbs. Shake excess off after each step. Place chicken on baking sheet and bake in oven for 25 to 30 minutes.

Turn fingers halfway through bake time.

Serve with favorite dipping sauce.

Nutritional information per serving:

Calories 11 (31% from fat) • carb. 12g • pro. 7g • fat 4g • sat. fat 2g • chol. 51mg • sod. 196mg • calc. 117mg • fiber 0g

C is for CHICKEN FINGERS

Makes about ten 1½-ounce (43 g) sticks

- olive oil
- 12 white bread slices, toasted
- 3 large eggs
- 2 teaspoons (10 ml) lemon juice
- ¼ teaspoon (1 ml) kosher salt
- 1 pound (500 g) mild, white fish fillet, like sole, trimmed and cut into 1-inch (2.5 cm) pieces
- ½ cup (125 ml) unbleached, all-purpose flour

Preheat oven to 375°F (160°C). Prepare a baking sheet lined with aluminum foil and covered with a film of olive oil.

Process toasted bread in the Cuisinart® Food Processor with the metal chopping blade. Remove and reserve in a small

mixing bowl. Process 2 eggs for about 10 seconds, remove and reserve in a small mixing bowl.

Process 1 egg with lemon juice and salt. Add fish pieces and pulse 20 to 25 times. Form fish mixture into ten 1½-ounce (43 g) sticks.

Line up bowls of flour, egg wash, and breadcrumbs. Dip each fish stick into flour, then egg, then breadcrumbs. Be sure to shake excess off after each step.

Place the fish sticks on prepared baking sheet and bake in oven for 30 to 35 minutes. Turn sticks halfway through bake time. Serve with tartar sauce.

Nutritional information per serving:
Calories 236 (23% from fat) • carb. 19g • pro.25g • fat 6g • sat. fat 1g • chol. 157mg • sod.240mg• calc. 71mg • fiber 1g

F is for FISH STICKS

Makes 1 pound (500 g) pasta

- 8 ounces (227 g) sharp Cheddar cheese
- 1 cup (250 ml) plus 2 tablespoons (30 ml) whole milk
- 1 large egg
- 1½ tablespoons (25 ml) unbleached, all-purpose flour
- ½ teaspoon (2 ml) kosher salt
- 1 pound (500 g) package bowtie pasta, cooked according to manufacturer's instructions and kept hot

Insert shredding disc into Cuisinart® Food Processor and shred the Cheddar cheese. Reserve in a mixing bowl. Place milk in a saucepan over medium heat until it simmers. Process egg, flour, and salt with metal

chopping blade for 20 seconds. Scrape work bowl. Add Cheddar and pulse until mixture comes together; 20 to 25 pulses. With machine running pour in hot milk and process until mixture is smooth and homogenous, 30 to 40 seconds.

Pour mixture back into saucepan and whisk over medium heat until creamy, smooth and thickened, about 15 to 20 minutes.

Once sauce is ready, mix with hot, cooked pasta. Serve immediately.

Nutritional information per serving:
Calories 359 (30% from fat) • carb. 45g • pro.16g • fat 12g • sat. fat 7g • chol. 61mg • sod. 287mg• calc. 256mg • fiber 1g

C is for CHEESY BOWTIES

Makes 6 servings

- 3 ounces (85 g) Parmesan cheese, cut into ½-inch (1.25 cm) cubes
- 2 medium carrots, peeled
- 2 large zucchini (8 ounces [227 g] each)
- 2 large yellow squash (8 ounces [227 g] each)
- 2 large green peppers (6-7 ounces [170-198 g])
- 2 large red bell peppers (6-7 ounces [170-198 g])
- 2 tablespoons (30 ml) good quality olive oil
- 2 large cloves garlic, peeled
- 1 teaspoon (5 ml) kosher salt
- ½ teaspoon (2 ml) freshly ground black pepper
- 1½ cups (375 ml) low-sodium, fat free chicken broth
- 1 pound (500 g) pasta, cooked al dente

Process cheese in Cuisinart® Food Processor

fitted with metal chopping blade until finely chopped, 20 seconds; reserve. Insert slicing disc. Cut carrots and squash to fit large feed tube. Slice carrots; reserve. Slice squash; reserve. Remove stems and seeds from peppers; cut into 3 slabs. Slice and reserve. Heat oil over medium heat in sauté or stir-fry pan. Brown whole garlic cloves, 2 to 3 minutes, turning once; discard. Add carrots; stir-fry 1 minute. Add remaining vegetables, salt and pepper. Stir-fry until just tender; 4 minutes. Add chicken broth, bring to a boil. Cook until tender, 4 to 6 minutes. Serve immediately over hot, cooked pasta. Toss to combine. Garnish with Parmesan cheese.

Nutritional information per serving:

Calories 163 (46% from fat) • carb. 15g • pro. 9g • fat 9g • sat. fat 3g • chol. 13mg • sod. 539mg • calc. 210mg • fiber 4g

P is for PASTA PRIMAVERA

Makes 24 pancakes

- 1½ pounds (750 g) Yukon gold potatoes, peeled and rinsed
- 3 ounces (85 g) yellow onion
- 2 teaspoons (10 ml) kosher salt
- 1 egg, lightly beaten
- ¼ cup (50 ml) vegetable oil

Insert shredding disc into the Cuisinart® Food Processor; shred potatoes and then onion. Transfer contents of work bowl to a clean tea towel laid out on the counter. Over the sink or mixing bowl, use the tea towel to wring out as much liquid as you can from the potatoes and onion. Transfer ingredients to a mixing bowl. Add egg and salt and mix well.

Place a nonstick 12-inch (30 cm) skillet over medium heat. Add vegetable oil. Form small pancakes with your hands, squeezing out any remaining liquid. When oil shimmers in the pan, add pancakes. Cook approximately 3 minutes on each side until pancake is golden brown or to your desired doneness.

Nutritional information per serving:

Calories 94 (47% from fat) • carb. 11g • pro. 2g • fat 5g • sat. fat 1g • chol. 18mg • sod. 231mg • calc. 7mg • fiber 1g

P is for POTATO PANCAKES

- Makes 5 cups (1.25 L)
- 4 cups (1 L) butternut squash, peeled, and cut to fit feed tube
 - 5 ounces (145 g) leeks, white and light green parts only, washed
 - 1 small garlic clove, smashed
 - 1 tablespoon (15 ml) unsalted butter
 - 1 tablespoon (15 ml) sherry or white wine
 - ½ teaspoon (2 ml) kosher salt
 - 3 cups (750 ml) chicken or vegetable stock

Insert slicing disc into Cuisinart® Food Processor and slice squash; reserve. Replace slicing blade with metal chopping blade; add leeks, pulse to chop finely, reserve. Melt butter in a 2-quart (2.2 L) sauté pan over medium-low heat. Stir in leeks and garlic and cook over low heat

until very soft, 10 minutes. Be careful not to let the vegetables pick up any color. Once soft, stir in squash. Increase heat slightly; stir in sherry. It will evaporate immediately; once it does, stir in salt and chicken stock. Increase heat and bring to a boil. Once it comes to a boil lower heat so soup remains at a constant simmer. After about 40 to 50 minutes the squash should be very soft. Strain the solids, reserving the cooking liquid in a clean pot. Purée solids in food processor, scraping work bowl once. Be sure all ingredients are well puréed and homogenous. Stir puréed solids into cooking liquid to incorporate. Add more chicken broth if necessary. Taste and adjust seasoning accordingly.

Nutritional information per serving:
Calories 52 (23% from fat) • carb. 9g • pro.2g • fat 1g • sat. fat 1g • chol. 3mg • sod. 240mg • calc. 20mg • fiber 1g

S is for SQUASH SOUP

- Makes a 2-pound (1 kg) meatloaf
- 2 small onions, quartered
 - ½ cup (125 ml) loosely packed parsley leaves
 - 2 slices day-old bread, broken into pieces
 - 2 pounds (1 kg) boneless chuck, cut into 1-inch (2.5 cm) pieces
 - 1 ounce (30 g) Parmesan cheese, cut into ½-inch (1.25 cm) cubes
 - ¼ cup (50 ml) milk
 - 1½ teaspoons (25 ml) kosher salt
 - 2 large eggs, lightly beaten

Preheat oven to 375°F (190°C).

Insert the metal chopping blade in the Cuisinart® food processor work bowl. Pulse onions about 5 times to finely chop, remove and reserve. Place all the remaining ingredients except for the eggs into

work bowl. Pulse until desired consistency is reached. Place meat mixture into a mixing bowl and stir in beaten eggs and chopped onions until well combined. Press mixture into a large loaf pan and bake for 1½ hours, until meat registers 175° F (80°C) when tested. Let stand 5 to 10 minutes in loaf pan, then loosen sides if necessary and turn out to slice. Cover and refrigerate leftovers.

**For Meatballs: Shape mixture into balls of 2 tablespoons (30 ml) each, arrange in single layer on a baking sheet and bake at 375°F (190°C) for 25 to 30 minutes.

Nutritional information per serving:
Calories 226 (60% from fat) • carb. 5g • pro. 17g • fat 15g • sat. fat 6g • chol. 90mg • sod. 303mg • calc. 53mg • fiber 1g

M is for MEATLOAF

Makes two 14-inch pizzas

Dough

- 1 package active dry yeast
- ¼ teaspoon (1 ml) granulated sugar
- ¼ cup (50 ml) warm water (110 °F)
- 3/3 cups (938 ml) unbleached, all-purpose flour
- 1½ teaspoon (7 ml) kosher salt
- 1 cup (250 ml) cold water
- 2 tablespoons (30 ml) extra virgin olive oil

Toppings

- 16 ounces (454 g) mozzarella, very cold
- 2 cups (500 ml) simple tomato sauce (recipe follows)
- extra virgin olive oil

Stir yeast and sugar into warm water in a small bowl; let stand until foamy, about 3 to 5 minutes. Place flour and 1 teaspoon (5 ml) salt in the work bowl of a food processor fitted with a dough blade; process to combine about 20 seconds.

Add cold water and 2 tablespoons (30 ml) of oil to the yeast mixture.

With Cuisinart® Food Processor running, pour liquid through feed tube in a steady stream as fast as the flour absorbs it, about 30 seconds. Once dough pulls away from sides of the work bowl keep the machine running for about 1 minute to knead.

Place dough in lightly floured, sealable plastic bag. Let rise in a warm place until doubled in size, about 45 minutes.

Insert the shredding disc assembly. Use

medium pressure to shred the mozzarella. Remove and reserve.

Preheat oven to 500°F (260°C).

When dough has risen, punch down and divide into 2 equal balls. Let rest 10 minutes. Roll dough out to size on a floured work surface. Place on a pizza screen, perforated pizza pan or a baking sheet without sides that has been sprinkled with cornmeal. Brush edges with olive oil. Spread ½ cup (125 ml) of the tomato sauce evenly on each pizza and divide the mozzarella and sprinkle on each pie.

Bake the pizza for 5 minutes and rotate the pan. Bake for an additional 3 to 6 minutes. Until the pizza is bubbly, and the edges of the dough are golden brown, puffed and crispy. Remove from oven and let rest 2 to 3 minutes before slicing.

Nutritional information per serving:

Calories 132 (37% from fat) • carb. 15g • pro. 6g • fat 5g
sat. fat 3g • chol. 15mg • sod. 192mg • calc. 106mg • fiber 1g

C is for CHEESY PIZZA

- Makes 2½ cups (625 ml) sauce
- 1 medium yellow onion
 - 4 garlic cloves
 - ½ teaspoon (2 ml) dried oregano
 - 1 can (35-ounce) plum tomatoes
 - 3 tablespoons (45 ml) tomato paste
 - ½ teaspoon (2 ml) kosher salt

In Cuisinart® Food Processor fitted with metal chopping blade, pulse to chop the onion, 10 times. Heat olive oil over medium heat in a 3-quart (1.1 L) saucepan. Add onion, garlic, and oregano. Cook, stirring for 2 to 3 minutes, until the onions begin to soften and oregano is fragrant. Crush tomatoes and add to pan with their juices. Add salt. Bring to a boil, reduce heat to low. Cover loosely and

allow sauce to simmer for 1 hour. Use at this point for pasta. For a smoother sauce process with metal chopping blade for 30 seconds.

For pizza: Remove cover and continue to simmer for an additional 40 minutes, stirring occasionally.

Use immediately, refrigerate up to 1 week, or freeze.

Nutritional information per serving:
Calories 30 (8% from fat) • carb. 7g • pro. 1g • fat 0g
sat. fat 0g • chol. 0mg • sod. 232mg • calc. 33mg • fiber 1g

T is for TOMATO SAUCE

Cuisinart

©2006 Cuisinart

Cuisinart® is a registered trademark of Cuisinart

156 Parkshore Drive,
Brampton, Ontario.

L6T 5M1
06CC25094