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## Spinach pasta recipes for babies

A nice weaning friendly green pasta sauce made with spinach and peas. A few weeks ago I participated in a weaning event with Mothercare. There was a lot of chatting that day about the importance of serving green vegetables to babies as early as possible so that their taste buds get used to it, rather than just sweet fruits and vegetables. Following what I thought I would make a very simple but delicious recipe using green vegetables that babies would love. I made a Spinach & Pea sauce that I served with pasta, but you can just as easily cook it with some chicken or fish or even use it as a dip. To start, I steamed some fresh baby spinach and frozen pea. I love my simple metal steamer that fits into very different sized pots. I'll link an example of one on Amazon here, but any kind of steamship will do the job just fine. As the vegetables steamed, I cooked pasta in another saucepan. Once cooked, I added the vegetables to a blender or food processor along with some herbs and spices for flavor. I used garlic powder, dried oregano, a little cumin and some fresh chives. I also added some olive oil for healthy fats and a few spoonfuls of the pasta water to help it come together. The pasta I used is this one from Garofalo. I bought it on Amazon, but it may be available in a few supermarkets too. To simply mix the sauce with the pasta. Leftovers can be kept in an airtight container in the refrigerator for 48 hours or frozen in portions overnight and defrosted overnight in the refrigerator. Replacements & Additions There are many replacements and additions you can make to this recipe: 1. Feel free to experiment with herbs and spices. This is a great way to introduce your baby to a variety of flavors in a very subtle way.2. Other vegetables can also be added. Broccoli would also be a nice addition.3. If you wanted to make this sauce creamy, add a few spoonfuls of cream cheese when mixing. You can also add cheese to the sauce or sprinkle on top. For more recipes along with tips and tricks to wean, you can download this free eBook from the Mothercare website. PrintPrint Recipe Pin RecipeA tasty weaner friendly green pasta sauce made with spinach and peas.150g frozen peas100g baby spinach3 sprigs chives1/4 tsp garlic pellets1/4 tsp dried oregano1/8 tsp ground cumin1 tbs olive oil2-3 tbsp pasta waterCook some pasta according to the package Once cooked, drain, but keep a little of the pasta water. Steam the frozen peas and spinach over boiling water for 5 minutes, then remove. Add the cooked peas and spinach to a blender or food processor along with the chives, garlic, oregano and cumin. Pour in the olive oil and add 2-3 trsp of the reserved pasta water. Blitz until smooth. Add more pasta water if needed. Mix with the pasta and serve Leftovers can be kept in an airtight container in the refrigerator for 48 hours or frozen in portions overnight and defrosted overnight in the refrigerator. This spaghetti with spinach sauce recipe is a simple pasta sauce that is fast, healthy and really fragrant. This vibrant sauce is made with grated cheese, giving it a creamy, delicious taste. Serve with warm homemade Garlic Bread and a simple salad for an easy weeknight stud. Pin this recipe for later! Pasta with Spinach If after some hearty comfort food on a budget, this vegetarian paste is just the thing. Using sliced fresh garlic instead of minced adds a punch of flavor without being overwhelmingly garlicky. Mixing the sauce with the salted pasta water adds a silky texture as well as seasoning. Using fresh spinach instead of frozen packs this dish with extra nutrients; you don't get with frozen vegetables. The use of fresh Parmesan cheese adds ice cream and depth of flavour. A Versatile Spinach Pasta Recipe It's also a very versatile dish. I snatched readers back that they used anything from salmon to pistachios as variations. Don't be afraid to add your own personal touch to this easily customizable recipe. This spaghetti with spinach sauce is not only delicious, but it's also really healthy. When buying fresh spinach, look for leaves that have a dark green color. Avoid any with yellowing color or wilt. Avoid spinach with slimy leaves or have a sour, musty smell. The health benefits of spinach spinach have so many health benefits. It is high in iron, as well as vitamins A and C. Spinach is loaded with not only nutrients, but it is also rich in antioxidants. It is said that eating spinach could benefit eye health, reduce stress, help prevent cancer and reduce blood pressure levels. So, I often eat it and this dish is one of my favorite ways to prepare it! Do not add oil to the boiling water. Adding oil to the water to keep it from sticking will cause the sauce to slip off the Spaghetti. Salt as you mean it. The boiling water should taste like the sea. This is the only time you can season pasta and keep it from tasting bland. Wait for a quick boil. Starches in the spaghetti absorb water immediately and therefore you want the water to start boiling properly as hot as possible. Adding the spaghetti too soon can cause it to boil improperly. Stir during cooking. Sometimes stirring the spaghetti while cooking it will keep from garnishing along. How to make Spaghetti with spinach sauce a healthy recipe for kids The beautiful, leafy spinach in this spaghetti with spinach sauce recipe makes for a fragrant and interesting bright green paste that even kids will want to dive in! Case in point: Every time one of my son's close friend comes over, he always asks me what we had for dinner. Followed by 'Can we please have that green spaghetti you make?' That's so good; I love it! How can I say no to that? Luckily, it's so easy to make! This recipe is the perfect of how you can hide vegetables in food to trick the kids into eating them, because otherwise he wouldn't touch a bowl full of spinach! Work quickly with the garlic. Garlic burns easily, especially when chopped or if you're worried it can burn, keep a little water handy and add a tablespoon or two before adding the spinach to the pan. To purify the sauce, I use a food processor, but a blender will also work if you add the pasta water before mixing. I use fresh spinach, but frozen will also work if it thaws and squeezes from excess water. Heat the olive oil in a large deep frying pan on medium-high heat. Add the garlic and cook to soften, but not quite brown. Add the spinach and sauté with the garlic until wilted. Season with salt and pepper, remove from heat and set aside. Cook the pasta according to the package instructions. Retain a cup of the pasta water before draining. Drain and set aside. Add the spinach and garlic mixture to a food processor or blender with the cheese and half the pasta water. Puree until it forms a sauce (add more pasta water if necessary). Add the sauce back into the pan to combine and heat through, and add more pasta water again if necessary. Once heated, taste and season with more salt and pepper if necessary. Serve sprinkled with extra grated cheese. Work quickly with the garlic. Garlic burns easily, especially when chopped or cut. If you're worried it can burn, keep a little water handy and add a tablespoon or two before adding the spinach to the pan. To purify the sauce, I use a food processor, but a blender will also work if you add the pasta water before mixing. I use fresh spinach, but frozen will also work if it thaws and squeezes from excess water. Calories: 113kcal (6%) Protein: 4g (8%) Fat: 10g (15%) Saturated fat: 3g (19%) Cholesterol: 8mg (3%) Sodium: 201mg (9%) Potassium: 11mg Vitamin A: 145IU (3%) Vitamin C: 0.5mg (1%) Calcium: 151mg (15%) Iron: 0.1mg (1%) Inquiry: healthy pasta sauce, Spinach Pasta, spinach sauce Update Notes: This post was originally published in April 2014, but has been republished with new photos, step by step instructions, tips and a video August of 2018. When your baby will have his first teeth (usually about 9 months), you can start preparing pasta for him. With Luca, I started with baby shapes (in Italian pasta): smaller version of the traditional pasta. You can always use regular sized pasta and then cut it into pieces (... you'll just need more time)! For today's recipe, I use spinach and zucchini; I really like this mix and not just for the incredibly deep green final color. It tastes so good, it's creamy and spinach is an incredible source of iron. In addition to having to say that when my husband and I are in a light dinner mood, this recipe works very well for us... with the addition of a good handful of grated pecorino cheese on top. I hope you will enjoy it as much as we do and let me know what you think!! ciao Facebook Twitter Yummly Jumps to Recipe Recipe Print Recipe Spinach having pasta is one of the best ways I've found serving vegetables to my kids. It's soft, easy to make, and is a super fast family dinner that's ready in about 20 20 Plus, there are vegetables and protein in the mix so you don't even need any sides! Easy Spinach Pesto Okay, first things first: Yes, spinach pesto is green. And yes, I know that sometimes a no-go with kids. BUT it pairs as well with favorite foods like pasta and pizza it has, in my experience, a high chance of being accepted by the kids. It's easy to make and is a great way to pack nutrients into those favorite foods. TIP: The pesto can be stored in the refrigerator for 3 days or in the freezer in a zip-top storage bag (pressed flat and with as much air as possible removed) for up to 3 months. That's enough sauce for a pound of pasta. Use a little less if your pasta package is smaller and save the leftovers for another day. To use this Spinach Pesto as Pizza Sauce: Simply spread the pesto on prepared pizza crust and prepare as you normally sauce with regular tomato-based sauce. For a full size pizza, about 1/2 cup pesto is usually the right amount. Adjust as needed. To make it in Kale Pesto: Exchange in baby kale or regular kale removed from the stems for the spinach. Make as directed. To make this Dairy Free: Leave the cheese away and consider adding an extra 1/4 cup of sunflower seeds. Add a little nutritional yeast for extra flavour if desired. Add in a handful of basil if you like, though we also love this pesto without basil. To freeze a batch for later, add 1 cup pesto to a freezer bag, squeeze out the air, flatten and seal. Freeze for up to 2 months. It will quickly deflate at room temperature. (You can also break down a piece and frozen it right in whatever amount of pasta you make and if you stir it in it will thaw.) Add a few cups diced and boiled chicken, shrimp or sausage if desired. Instead of peas, you can use broccoli poured into the pasta water for the last 4 minutes while cooking the pasta), diced zucchini (tossing it into the pasta water for the last 2-3 minutes while the is cooking), or leave another vegetable all together. Together.

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