

Baby at the table

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

Beef Steak & Lentil Salad

1 tsp EACH Italian seasoning, coarsely ground pepper and salt
½ tsp garlic powder
1 lb (500 g) Beef Grilling Steak (e.g. Strip Loin or Top Sirloin),
1-inch thick

SALAD

½ cup minced red onion
½ cup EACH olive oil and chopped fresh basil
2 cloves garlic, minced fresh or roasted mashed
2 red wine vinegar
½ tsp EACH salt and dried oregano
2 cups assorted grilled vegetables (e.g. zucchini, sweet red pepper, asparagus, etc.), cut into chunks
2 plum tomatoes, seeded and chopped
1 can (540 mL) lentils, drained and rinsed
1 jar (170 mL) marinated artichoke hearts, drained and coarsely chopped

1. Combine pepper, Italian seasoning and garlic powder in small bowl. Rub mixture over steak; let stand for 15 minutes.

2. Meanwhile, whisk together oil, red onion, garlic, vinegar, basil, salt and oregano in large salad bowl. Add grilled vegetables, tomatoes, lentils and artichoke hearts. Gently toss together and season to taste.

3. Grill steak over medium-high heat for 12 to 14 minutes turning at least twice for medium doneness (160°F/71°C). Let stand for 5 minutes. Cut steak into thin slices; serve with lentil mixture.



IRON COMES FIRST!

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

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



THINK
BEEF^{CA}

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 slice of cooked steak with $\frac{1}{4}$ cup of the lentils and cooked veggies if you like, along with 2 to 3 tbsp water, breast milk or formula. Blend in food processor or blender until smooth.



Mashed Mix

Combine slice of cooked steak with $\frac{1}{4}$ cup of the lentils and cooked veggies if you like. Mix in food processor or blender until dinner is minced.



Finger Food Fun

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

BABY STEP TIPS:

- To ensure your 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 puréed foods for a very short time, or not at all.
- Your baby should progress from soft mashed or minced foods quickly and then onto soft foods that are chopped into small chunks or pieces.

