



FAMILY MEAL TOOLKIT

Dinner Edition

April 2020

Easy recipes and simple meal ideas
for more dinnertime success.

Created by:

Megan McNamee MPH, RDN

Judy Delaware OTR/L, CLC

www.feedinglittles.com



Welcome!

How are you hanging in there? We know this is a very challenging time for many families, and the need to make so many more meals and snacks at home can be overwhelming. We hope this Family Meal Toolkit will inspire you to try something different and give you new ideas to help you use some of the foods you have on hand. This Toolkit just focuses on dinners - we hope to offer one for breakfasts and lunches soon too!

We tried to include a variety of foods to appeal to differing tastes, preferences and budgets. We know that **not every meal will work for you**, but hopefully you will find some meals you want to try. The recipes are organized into a chart format so you can quickly glance over the ingredients and descriptions before deciding to dive into the recipe via the link. **We also included an “I Can’t Even” section at the end of this document.** These are super easy, familiar meal ideas that have a little bit of added nutrition. Please know that any food for dinner - including cheese, crackers and fruit or a fast food kids’ meal - work too.

In this Toolkit you’ll find general modifications for babies and toddlers/older kids based on what we teach in our [online courses](#). You know your kiddo best - modify foods based on what feels right to you. Additionally, **check labels carefully if modifying for food allergies.**

Sending you love now and always,

Megan, Judy and the Feeding Littles Team
April 2020



Table of Contents

Recipes:

5-Ingredient Lemon Chicken with Asparagus	4
Salmon Noodle Casserole	4
Crockpot Lentil Soup	5
Easy Garlic Butter Shrimp	5
Pressure Cooker BBQ Chicken Bowls	6
Ground Turkey Taco Skillet	7
Creamy Buffalo Chicken Stuffed Sweet Potatoes	8
Creamy Vegetarian White Chili	9
Instant Pot Pasta	10
Sheet Pan Lemon Rosemary Chicken	11
IP Cauliflower and Butternut Squash Thai Curry	12
One-Skillet Pork Chops with Apples	13
Pumpkin Chili	14
Sheet Pan Salmon	15
Copycat Zuppa Toscana	15
One Pot Hamburger Helper	16

“I Can’t Even” Meal Ideas:

Easy Pour and Cook Chicken	17
Breakfast for Dinner (Omelets, Frittatas)	17
“Jazzed Up” Boxed Mac and Cheese	17
Burritos or Tacos	18
Frozen Pizza or Entrée + Build Your Own Salad	18
Simple Stir-fry	18
Easy Pasta	19
Nuggets + Baked Sweet Potato Fries	19
Grilled Cheese + Soup	19

Recipe #1: 5-Ingredient Lemon Chicken with Asparagus from Pinch of Yum				
Why we like it: This dish is easy with a few ingredients and can be made in 30 minutes. It provides a nice balance of protein, fat and a vegetable...just add a starch to round out the meal!				
Top 8 Allergens	Pantry ingredients	Perishable Ingredients	Side dish/pairing options	Ways to repurpose or reuse
Wheat (sub with GF flour) Dairy (butter – sub with olive oil)	Flour Salt/pepper Lemon pepper Honey	Chicken breast Lemons Butter Parsley (optional)	Serve with a starch like mashed potatoes, quinoa, rice or pasta	Use leftovers for chicken salad – combine with soft dried cranberries, diced celery, chopped onion, mayo, Dijon or check out this recipe
Serving suggestions for babies (6-12 months): <ul style="list-style-type: none"> ● Omit honey and use 1 T. white sugar, coconut sugar or brown sugar or omit entirely. ● Serve chicken and asparagus as strips that your baby can pick up – make sure the asparagus is thin in diameter. 			Serving suggestions for toddlers and older kids (12+ months): <ul style="list-style-type: none"> ● Serve as strips or smaller pieces ● Offer kid-size tongs or a toothpick (2+) to make it fun! 	

Recipe #2: Salmon Noodle Casserole by Feeding Littles				
Why we like it: This is one of our family’s easiest, most beloved recipes. Canned salmon is a budget friendly way to get sustainable, omega-3 rich salmon! You can also omit the salmon if vegetarian. You can also use canned tuna.				
Top 8 Allergens	Pantry ingredients	Perishable Ingredients	Side dish/pairing options	Ways to repurpose or reuse
Finned fish Dairy Soy (depending on brand of mushroom soup used) Wheat (pasta, mushroom soup)	Noodles - regular, whole wheat, gluten-free etc. Condensed cream of mushroom soup Canned salmon or tuna Paprika Salt/pepper	Frozen peas and carrots Cheddar cheese	Serve with roasted broccoli and cauliflower and a side of fruit.	Can make ahead and refrigerate or freeze to use when needed! Add any frozen vegetable or fresh peas or broccoli to change it up. Use any preferred noodle. Looking for cream of mushroom without soy or gluten? Check out this brand .
Serving suggestions for babies (6-12 months): <ul style="list-style-type: none"> ● Cut casserole into larger pieces for baby to pick up. 			Serving suggestions for toddlers and older kids (12+ months): <ul style="list-style-type: none"> ● Have your child help you prepare this dish so they’re familiar with the ingredients! 	

Recipe #3: Crockpot Lentil Soup from Pinch of Yum				
Why we like it: You might have a lot of dried lentils in your pantry right now, and this soup is a great way to use them up! It's plant-based and great for people with allergies, plus it's a complete meal in one bowl.				
Top 8 Allergens	Pantry ingredients	Perishable Ingredients	Side dish/pairing options	Ways to repurpose or reuse
N/A	Green lentils Yellow split peas (or more lentils) Vegetable or chicken broth Herbs de provence Olive oil Red wine vinegar Salt	Butternut squash Carrots Potatoes Celery Onion Garlic Kale	Top with shaved parmesan or chopped avocado; serve with crusty buttered bread for dipping	This soup freezes and reheats well – one batch yields 8 servings, so eat later in the week for lunch or freeze extras for next week.
Serving suggestions for babies (6-12 months):			Serving suggestions for toddlers and older kids (12+ months):	
<ul style="list-style-type: none"> Strain and serve on loaded spoons/forks so baby can pick it up. 			<ul style="list-style-type: none"> Let your toddler or older kid add toppings. Serve in a cup as a “drink.” 	

Recipe #4: Easy Garlic Butter Shrimp from Once Upon a Chef				
Why we like it: This delicious, simple recipe made with frozen shrimp is cooked on a sheet pan! You can add these shrimp to a variety of meals - tacos, salads, or pasta.				
Top 8 Allergens	Pantry ingredients	Perishable Ingredients	Side dish/pairing options	Ways to repurpose or reuse
Shellfish Dairy (butter - can sub with dairy-free butter or olive oil)	Olive oil Salt/pepper	Frozen extra large or jumbo shrimp Garlic Butter Parsley Lemon	Add side salad, cooked veggies or crusty bread or serve atop rice, pasta or other whole grain.	Shrimp is best used freshly cooked. This recipe lends itself to many different sides and would even taste great wrapped in a tortilla as a taco.
Serving suggestions for babies (6-12 months):			Serving suggestions for toddlers and older kids (12+ months):	
<ul style="list-style-type: none"> Serve shrimp whole - it has a built-in “handle!” 			<ul style="list-style-type: none"> Melt butter as a “dipping” sauce for reluctant eaters. 	



Recipe #5: Pressure Cooker BBQ Chicken Bowls from Inspiralized				
Why we like it: This is perfect for a busy weekday. It's easy and can be made ahead of time with fresh or frozen chicken. We think you'll find that it's a satisfying meal that appeals to eaters of all ages!				
Top 8 Allergens	Pantry ingredients	Perishable Ingredients	Side dish/pairing options	Ways to repurpose or reuse
Check BBQ sauce ingredients	Brown rice Canned black beans Bottle of BBQ sauce	Boneless skinless chicken breasts (fresh or frozen) Frozen, fresh or canned corn Avocado Chopped romaine Lettuce	Use pre-made or microwaveable rice to save time. Or, swap for quinoa or another whole grain.	Add scrambled eggs and wrap into a tortilla for a delicious breakfast burrito.
Serving suggestions for babies (6-12 months): <ul style="list-style-type: none"> ● Smash black beans or serve them on loaded rounded forks. ● Serve chicken in strips. ● Serve avocado in strips with skin half on. ● Choose BBQ sauce without honey. 			Serving suggestions for toddlers and older kids (12+ months): <ul style="list-style-type: none"> ● Serve family style. ● Let your toddler or older kid build their own bowl. 	

Recipe #6: Ground Turkey Taco Skillet from the Roasted Root				
Why we like it: All you need is one skillet. Add or adjust vegetables to your preference. You can also omit the turkey to make this vegetarian.				
Top 8 Allergens	Pantry ingredients	Perishable Ingredients	Side dish/pairing options	Ways to repurpose or reuse
Dairy (from cheese, can be omitted)	Avocado oil (can sub olive oil) Chili powder Chicken broth Canned or prepared black beans Salt	Sweet potato Yellow onion Garlic Ground turkey Cherry tomatoes (can used chopped tomato) Cheddar cheese Avocado Chives (optional)	Serve as is, with tortillas or a whole grain. Add additional leftover veggies if desired.	Serve with eggs for a delicious hash.
Serving suggestions for babies (6-12 months): <ul style="list-style-type: none"> Keep ground turkey pieces larger so baby can pick them up, or serve on a loaded rounded fork. Practice with very small turkey pieces if your baby has a pincer grasp. Serve sweet potato and cherry tomatoes (quartered or chopped) on a loaded fork if baby can't pick them up. Use a crinkle cutter to give grip to the avocado. 			Serving suggestions for toddlers and older kids (12+ months): <ul style="list-style-type: none"> Serve deconstructed with each component separated. 	

Recipe #7: Creamy Buffalo Chicken Stuffed Sweet Potatoes by [40 Aprons](#)

Why we like it: Sweet potatoes pair well with the flavor of buffalo chicken, and it's a satisfying meal with a fiber-rich starch, protein and fats. Just add a salad or your favorite vegetable on the side! Plus we love blue cheese and adding fermented foods to our meals when possible and available.

Top 8 Allergens	Pantry ingredients	Perishable Ingredients	Side dish/pairing options	Ways to repurpose or reuse
Egg (mayo, ranch dressing) Soy (some ranch dressings) Dairy (blue cheese, can omit; some ranch dressings)	Hot Sauce of choice (can decrease amount to taste) Garlic powder Salt	Chicken breast Sweet potatoes Green onion Mayonnaise Ranch dressing Celery (can swap with cucumber) Blue Cheese	Serve with veggies - sauteed broccoli, cooked from frozen green beans or a salad.	Serve leftover chicken on buns for a yummy sandwich.
Serving suggestions for babies (6-12 months): <ul style="list-style-type: none"> ● Slice and roast sweet potato in wedges. ● Offer chicken as is or remove baby's portion before adding sauce. ● Offer peeled and sliced lengthwise cucumber in place of celery. 			Serving suggestions for toddlers and older kids (12+ months): <ul style="list-style-type: none"> ● Let your toddler top their own potato using tongs. ● If blue cheese crumbles are too overwhelming, let them sprinkle it with cheddar cheese. 	

Recipe #8: Creamy Vegetarian White Chili by Vegetarian Ventures				
Why we like it: Flavorful, satisfying chili packed with Southwest flavor. Great source of calcium, protein and complex carbohydrates. Can be modified for vegan eaters too!				
Top 8 Allergens	Pantry ingredients	Perishable Ingredients	Side dish/pairing options	Ways to repurpose or reuse
Wheat Dairy (can be subbed for dairy-free)	Olive oil Cumin All-purpose flour Canned great northern beans Chopped green chiles Vegetable broth Salt/pepper	White onion Green bell pepper Jalapeno Garlic Frozen corn Whole milk (or milk of preference) Lime	Garnishes are everything! Serve with cheese or sour cream, crunchy radishes, creamy guacamole, tortillas or tortilla chips (choking hazard under age 4). So many fun options!	Need gluten free? No problem, substitute the added flour for a gluten-free cornstarch slurry instead. Recipe makes 6 servings, so freeze or save extras for a quick meal in a pinch.
Serving suggestions for babies (6-12 months):			Serving suggestions for toddlers and older kids (12+ months):	
<ul style="list-style-type: none"> ● Strain and serve on spoon or fork. ● Offer beans from chili and squish so baby can pick them up. 			<ul style="list-style-type: none"> ● Let them add their own toppings. ● Serve with bread or tortilla for dipping. 	

Recipe #9: Instant Pot Pasta by A Couple Cooks				
Why we like it: This is a super simple, one pot vegetarian meal. The goat cheese gives it a nice tang, but Parmesan would work too.				
Top 8 Allergens	Pantry ingredients	Perishable Ingredients	Side dish/pairing options	Ways to repurpose or reuse
Wheat (can sub with alternative pasta) Dairy (goat cheese)	Canned crushed fire roasted tomatoes Olive oil Balsamic vinegar Garlic powder Dried oregano Penne pasta Salt	Baby or chopped spinach Fresh Basil (could use dried) Goat cheese (could use parmesan)	Serve with roasted carrots or cooked from frozen peas.	Add leftover cooked shrimp or cooked ground beef as a unique way to repurpose these foods.
Serving suggestions for babies (6-12 months):			Serving suggestions for toddlers and older kids (12+ months):	
<ul style="list-style-type: none"> • Serve pasta pieces as is with a vegetable side. 			<ul style="list-style-type: none"> • See if your kiddo can pick up the penne and look through it like a telescope. Try two at a time - “binoculars!” 	

Recipe #10: Sheet Pan Lemon Rosemary Chicken by Damn Delicious				
Why we like it: We love easy sheet pan dishes! This is a balanced dish with the use of brain-building fats like olive oil, and it's a tasty way to serve kale. Simply prepare this bright and flavorful meal and let it roast away in the oven.				
Top 8 Allergens	Pantry ingredients	Perishable Ingredients	Side dish/pairing options	Ways to repurpose or reuse
N/A	Olive oil Salt/pepper	Bone in, skin-on chicken thighs Mini potatoes Garlic Fresh thyme (could use dried) Fresh rosemary (could use dried) Lemon Kale	For an additional side dish, add a vegetable or fruit.	Extra chicken can be used in chicken salad, inside quesadillas, or thrown into stovetop mac and cheese for a little extra protein!
Serving suggestions for babies (6-12 months): <ul style="list-style-type: none"> • Serve chicken in strips and potatoes as quartered pieces. • The kale may be hard for baby to eat, as might the fresh herbs, so remove it before serving it to your baby. 			Serving suggestions for toddlers and older kids (12+ months): <ul style="list-style-type: none"> • Serve chicken in strips or small pieces, and add a dipping sauce for the potatoes if needed. • Make sure your toddler is chewing the kale well. 	

Recipe #11: Instant Pot Cauliflower and Butternut Squash Thai Curry by Oh She Glows				
Why we like it: This is an easy 30 minute meal to make from pantry staples, and there are endless ways to modify it to your liking. It's also vegetarian.				
Top 8 Allergens	Pantry ingredients	Perishable Ingredients	Side dish/pairing options	Ways to repurpose or reuse
N/A	Olive oil Coconut milk Diced canned tomatoes Red curry paste Dried onion Red lentils Garlic powder Cayenne pepper Jasmine rice Salt/pepper	Cauliflower Butternut squash (frozen or fresh) Kale or chard Cilantro (optional) Lime (optional)	Serve with rice or noodles to introduce the complex flavors of curry. Ramen noodles would work here too - Costco sells millet ramen noodles if they're accessible to you.	Substitute various canned beans for lentils if you prefer. Frozen veggies would work well in this dish! Spinach, kale or any bagged green would work well - depends on what you have available.
Serving suggestions for babies (6-12 months):			Serving suggestions for toddlers and older kids (12+ months):	
<ul style="list-style-type: none"> • Serve on loaded spoon or atop noodles. 			<ul style="list-style-type: none"> • Try deconstructed if your child isn't used to curry yet. 	

Recipe #12: One-Skillet Pork Chops with Apples by Paleo Running Momma				
Why we like it: This is an easy, one pot recipe you can make in under 30 minutes! Pork chops may be more readily available than other meats you more regularly use.				
Top 8 Allergens	Pantry ingredients	Perishable Ingredients	Side dish/pairing options	Ways to repurpose or reuse
Dairy (butter/ghee, can be subbed with dairy-free options)	Onion powder Cinnamon Chicken bone broth/chicken broth Salt/pepper	Bone-in pork chops Crisp apples (fuji, pink lady, etc.) Red onion Spicy brown mustard Fresh rosemary (could use dried) Fresh sage (could use dried) Ghee or butter	Try this with mashed potatoes or a baked potato plus cooked frozen veggies topped with butter and salt.	Combine thinly sliced pork with BBQ sauce for a pork sandwich.
Serving suggestions for babies (6-12 months): <ul style="list-style-type: none"> ● Cut pork into strips (that aren't super thick) and serve apples as described in the recipe. ● Serve with cooked veggies and a starch. 			Serving suggestions for toddlers and older kids (12+ months): <ul style="list-style-type: none"> ● Help your older toddler or kid practice cutting the pork with a plastic serrated knife or safety knife. 	



Recipe #13: Pumpkin Chili by Wellness Mama				
Why we like it: This filling and comforting chili can be made using almost entirely canned/pantry foods. It's also a delicious way to use canned pumpkin at any time of the year. Pumpkin happens to be an excellent source of vitamin A!				
Top 8 Allergens	Pantry ingredients	Perishable Ingredients	Side dish/pairing options	Ways to repurpose or reuse
N/A	Canned diced tomatoes Canned tomato sauce Canned pumpkin Beef broth Chili powder Garlic powder Cinnamon Salt/pepper	Ground beef Onion	Top with avocado, shredded cheese*, green onion and sour cream*! Pair with corn bread and a side of fruit. *Omit if dairy free	This can easily be frozen in bags or containers and defrosted later for a quick and balanced meal. It's almost better the second day, as the flavors nicely set with time. Simply reheat on the stove or in the microwave.
Serving suggestions for babies (6-12 months):			Serving suggestions for toddlers and older kids (12+ months):	
<ul style="list-style-type: none"> • Serve to your baby on loaded spoons or in a bowl. 			<ul style="list-style-type: none"> • Let your kiddo choose their chili topping and add it to their bowl themselves when possible. 	

Recipe #14: Sheet Pan Salmon by Damn Delicious				
Why we like it: Kids will love this easy salmon dish and the tasty, buttery glaze it's served with!				
Top 8 Allergens	Pantry ingredients	Perishable Ingredients	Side dish/pairing options	Ways to repurpose or reuse
Finned fish Dairy (can be subbed with dairy-free butter alternative)	Olive oil Brown sugar Dried oregano Dried thyme Dried rosemary Salt/pepper	Baby red potatoes Salmon Green beans Garlic Fresh parsley (or dried) Butter Lemon	No side dish needed, since this is a complete meal!	Chop up the salmon and mix it into a salmon salad that is perfect for lunch: <u>Mediterranean salmon salad</u> : olive oil, lemon, capers or olives, sun dried tomato, salt and pepper <u>Simple salmon salad</u> : mayo, diced onion, lemon, salt and pepper
Serving suggestions for babies (6-12 months): <ul style="list-style-type: none"> • Serve salmon as strips, red potatoes as wedges and green beans as is. 			Serving suggestions for toddlers and older kids (12+ months): <ul style="list-style-type: none"> • Make the food into a pattern on their plate and see if your child can repeat the pattern - "salmon, green bean, potato, repeat." 	

Recipe #15: Copycat Zuppa Toscana by Delish				
Why we like it: This soup (which mimics the Olive Garden classic) is packed with nutrients that is sure to please family members of all ages.				
Top 8 Allergens	Pantry ingredients	Perishable Ingredients	Side dish/pairing options	Ways to repurpose or reuse
Dairy	Chicken broth Salt/pepper	Italian Sausage Onion Garlic Potatoes Kale (or spinach) Cream or milk Parmesan Bacon	Serve with bread and a side of fruit.	This soup is a great way to use kale since it does not wither the way other greens do. Spinach will work as well!
Serving suggestions for babies (6-12 months): <ul style="list-style-type: none"> • Strain and serve to your baby on a loaded fork. 			Serving suggestions for toddlers and older kids (6-12 months): <ul style="list-style-type: none"> • Cut your bread into strips for dunking and serve soup in a mug. • Let your child drink the broth out of a cup using a straw. 	

Recipe #16: One-Pot Hamburger Helper by The Defined Dish				
Why we like it: This is one of Megan’s favorites - it’s an easy, nutritious, one-pot meal that can be modified many ways. Add frozen peas, chopped bell pepper, etc. Remove beef and use vegetable broth to make it vegetarian.				
Top 8 Allergens	Pantry ingredients	Perishable Ingredients	Side dish/pairing options	Ways to repurpose or reuse
Dairy (can sub with dairy-free cheese) Wheat (can sub with pasta alternative)	Olive oil Garlic powder Paprika Tomato paste Elbow pasta Beef broth Salt/pepper	Yellow onion Ground beef Milk Shredded cheese Fresh parsley (optional)	Any vegetable will do - consider asparagus, Brussels sprouts or a Caesar salad.	We love modifying this dish! When cooking the onions and beef, also add 1 bell pepper or 1 cup of chopped raw mushrooms. Conversely, add frozen peas or frozen chopped carrots when you pour in the pasta. This recipe reheats well and can be frozen, thawed and reheated. Make a double batch to enjoy later!
Serving suggestions for babies (6-12 months):			Serving suggestions for toddlers and older kids (12+ months):	
<ul style="list-style-type: none"> • Serve as-is to babies. If they struggle to pick it up, load it on a fork. 			<ul style="list-style-type: none"> • Some kids struggle with enjoying mixed-texture foods. Pretend the beef pieces are dog bones or dinosaur snacks and see if they’ll eat them under their new name. 	

“I Can’t Even” Dinner Ideas

We know that sometimes you just need to get *anything* on the table. On the nights when you “can’t even,” consider trying some of these ideas. Remember that PBJ, a bowl of cereal, leftovers, cheese + crackers + fruit or takeout work too.

Meal Idea	Top 8 Allergens	Ingredients	Serving Suggestions for Babies	Serving Suggestions for Toddlers/Kids
Easy pour and cook chicken + vegetable + starch (potato, pasta)	N/A (unless in the sauce you choose)	Chicken breasts or thighs Sauce of choice Veggie side Starch side	Cut chicken into strips and serve with sides.	Cut chicken into strips, smaller pieces or serve whole. Encourage your child to cut it themselves or pick up and eat with their hands.
Breakfast for dinner: Scrambled eggs or veggie omelet + toast + fruit (Can also try a veggie frittata)	Egg Dairy if using cheese Wheat (sub GF toast or omit)	Eggs Frozen veggies if desired Olive oil or butter to cook veggies in Cheese for omelet Fruit Bread Toast topping (butter, jelly, peanut butter)	Cut omelet and toast into strips and serve with fruit as strips.	Let your child spread their own toast topping with a butter knife.
“Jazzed up” boxed mac and cheese + fruit (Simply cook boxed mac noodles as directed. Add frozen peas or other veggie at the end of cooking. Strain. Stir in beans, cheese pack, and butter. Add milk or sub equivalent amount of Greek yogurt for a protein punch.	Wheat (sub GF mac and cheese) Dairy	Boxed mac and cheese Frozen peas Canned beans (optional) Butter Milk or plain Greek yogurt Fruit side	Serve macaroni on loaded fork if baby can’t pick it up.	Have fun with presentation! Serve the macaroni in a measuring cup, mug or other unique container.

Meal Idea	Top 8 Allergens	Ingredients	Serving Suggestions for Babies	Serving Suggestions for Toddlers/Kids
<p>Burritos or tacos + veggie side (choose your fillings: beans, cheese, rice, leftover cooked veggies or meat, salsa, sour cream, hot sauce, avocado, guacamole)</p>	<p>Wheat (sub GF tortilla) Dairy (if using cheese, sour cream)</p>	<p>Tortillas (soft or crunchy) Fillings (you choose): Beans Cheese Rice Cooked veggies, meat Salsa Sour cream Salsa, hot sauce Avocado, guacamole</p>	<p>Serve deconstructed to baby. Avoid crunchy taco shells until age 4.</p>	<p>Serve deconstructed or as a very small-diameter burrito to reluctant toddlers or kids. Consider letting them build their own burrito or taco. Avoid crunchy taco shells until age 4, as they can be a choking hazard.</p>
<p>Frozen pizza or frozen meal + build your own salad</p>	<p>Wheat (sub GF or cauliflower crust) Dairy (sub dairy-free frozen pizza) Nuts if using on salad Check label for allergens</p>	<p>Frozen pizza or frozen meal Salad greens Salad veggies (tomato, cucumber) Avocado, cheese, chopped nuts or other salad garnish Salad dressing or olive oil/vinegar</p>	<p>Serve pizza or frozen meal as strips. Lettuce is hard for babies, but consider offering safe toppings (quartered cherry tomato, avocado wedge).</p>	<p>Consider adding a pizza dipping sauce like marinara sauce or ranch for a reluctant eater. Help your child build a salad with their favorite toppings.</p>
<p>Simple stir-fry Cook frozen shrimp in sesame oil or other available oil; add frozen or fresh stir-fry veggies (bell pepper, onions, snap peas) and cook through. Add bottled teriyaki sauce and heat. Serve with rice.</p>	<p>Soy (depending on sauce)</p>	<p>Frozen shrimp (can sub chicken or pork, just cook through) Frozen stir-fry veggies (or use fresh) Teriyaki sauce</p>	<p>If possible, remove baby's portion before adding Teriyaki sauce to the pan and serve as strips as long as the pieces are soft.</p>	<p>Experiment with chopsticks if you have them available! Kids love to figure them out very young.</p>

Meal Idea	Top 8 Allergens	Ingredients	Serving Suggestions for Babies	Serving Suggestions for Toddlers/Kids
<p>Easy pasta All you need are cooked pasta, a cooked protein source (optional), a veggie and some sauce. Here are some favorite combos:</p> <ul style="list-style-type: none"> • Cooked shrimp or chicken + pesto sauce + tomatoes • Cooked ground sausage + olive oil, parmesan + quartered cherry tomatoes + spinach • Cooked ground beef or turkey + cooked mushrooms + marinara sauce 	<p>Wheat (sub GF or bean-based pasta) Dairy/soy/nuts depending on the sauce</p>	<p>Pasta Sauce Cooked meat, poultry, fish Veggies to add in</p>	<p>Many babies love pasta, and it's a fun way to expose them to wheat (an allergen). Opt for a spiral shaped pasta for easier grip, but any pasta is fine if your baby can pick it up.</p>	<p>Let your toddler/older kid pour their own sauce on the pasta using a ladle or measuring cup with a lip on the side.</p>
<p>Nuggets + baked sweet potato fries (both from frozen) + side fruit or veggie</p>	<p>Wheat/soy (depending on products chosen)</p>	<p>Frozen nuggets Frozen fries Veggie/fruit</p>	<p>Cut nugget in half and hand to baby. Serve with baked fries and side veggie or fruit in strips.</p>	<p>Ask your toddler to stack the fries and make a "house" or form into letters to promote food play.</p>
<p>Grilled cheese + veggie or tomato soup</p>	<p>Wheat (from bread) Dairy</p>	<p>Bread Butter Cheese Boxed soup</p>	<p>Cut sandwich into strips. If the cheese is thick, scrape off some so it's easier for baby to eat.</p>	<p>Cut the sandwich into strips for easy soup dunking!</p>