



# 3<sup>rd</sup> Baby Food

## Chicken, Sweet Potato and Spinach

Shine 365  
Marshfield Clinic

**PREP TIME:** 15 minutes • **COOK TIME:** 25 minutes • **SERVINGS:** 8

### INGREDIENTS

- 2 cups peeled, cubed sweet potatoes
- 2 cups packed fresh spinach leaves
- 1 cup cubed skinless, boneless chicken
- ½ cup formula or water
- ½ cup water

### INSTRUCTIONS

Place a steamer insert into a saucepan and fill with water to just below the bottom of the steamer. Bring water to a boil; place sweet potatoes in steamer, cover and steam until softened, about 8 minutes. Add spinach and cook until the sweet potatoes are easily mashed, about 5 minutes more.

Bring a saucepan of lightly salted water to a boil. Add the cubed chicken and cook uncovered until no longer pink inside, about 10 minutes.

Combine chicken, sweet potatoes, spinach, formula and water in a blender or food processor and blend until creamy.

Spread sweet potato-chicken mixture into an ice cube tray, cover with plastic wrap and freeze until solid, 2 to 3 hours. Transfer frozen cubes to a resealable plastic bag and store in the freezer up to 2 months.

To serve, heat cubes in the microwave until warm but not hot, about 30 seconds. Stir thoroughly.

### NUTRITION INFORMATION

Each serving contains about 72 calories; 1.1 g total fat; 8 g carbohydrate; 19 mg cholesterol; 7.4 g protein; 1.2 g dietary fiber; 45 mg sodium.