

Baby first foods –



Winter Squash



Ingredient	Approx. Cost*
1 Winter Squash (Butternut, Acorn)	\$1.00
Liquid: Water, olive oil**	\$.25
Total	\$1.25

of servings: 14 **Cost per serving: \$0.09**

*Based on Peapod's on-line pricing as of 11/09.

**Condiments are calculated as a 25 cent estimate each time they are used.

Directions: Take one medium butternut or acorn squash and cut in half vertically down the center. Rub the fleshy part with a little olive oil to prevent sticking. Place face down on a baking sheet and bake at 400 degrees for 40 - 45 minutes. Remove from the oven and let cool. Once cooled, scoop out one cup of squash, place into a food processor and add 3 Tbsp of water. Turn on low for about 10 seconds and then switch to high. Process until smooth. Repeat with remaining squash. One squash yields about between 2 ½ and 3 cups of baby food.

Nutritional Information per 2oz Serving (<1/4 cup) Squash baby food:

Calories	23
Total Fat	< 1g
Saturated Fat	0g
% of daily total	0%
Carbohydrates	6g
Protein	0.5g
Fiber	2g

		11% of daily total*
Vit A	79%	0-6 months
	63%	7-12 months
Vit C:	22%	0-6 months
	17%	7-12 months
Calcium:	11%	0-6 months
	8.5%	7-12 months
Iron	3% *	7-12 months
	7.0%	
* Infants 0-6 months have iron stores and thus have a very low requirement of iron from food.		