

## Baby Foods



It is vital to a babies' health that they be fed properly...that they receive a wide variety of fruits and vegetables to get the vitamins and minerals required each day for proper growth. With the Saladmaster® Machine, it is easy to give your baby fresh foods that have not lost important nutrients due to canning and air exposure.

Use the No. 1 - Shredder for preparing such foods for a young baby...and the No. 2 - stringer when preparing junior foods.

### Cooking Directions:

1) Wash vegetables thoroughly. Using the appropriate size cone for cutting fruits and vegetables according to babies age; cut fruit or vegetable directly into the 1 quart pan. When using frozen vegetables, simply place them directly in the pan; do not add any water.

2) Cover pan and place over medium heat. When the Vapo-Valve™ clicks, reduce heat to low. Begin timing vegetables after the heat is turned to low, according to the suggested times below:

<b>Vegetable</b>	<b>Minutes</b>
Asparagus, whole spears	5-7
Beans, green or wax	8-10
Beets, red, whole medium	50-60
Broccoli spears	5-7
Brussels sprouts	9-10
Cabbage, sliced	4-6

Carrots, sliced	9-10
Cauliflower, separated	6-8
Celery, sliced	9-10
Corn, kernels, frozen	1-2
Corn-on-the-cob	10-12
Okra, small, whole	6-8
Onions, sliced	8-10
Peas, fresh or frozen	2-3
Peppers, green or red	3-4
Potatoes, sweet, cubed	15-20
Potatoes, white, whole, medium	20-25
Snow peas	2-3
Spinach, fresh	2-3
Squash, summer, sliced	4-6
Squash, winter, diced	10-13
Zucchini squash, sliced	4-6

3) Cream vegetables with a fork or for a smoother consistency place cooked vegetables in an electric food processor prior to serving to baby.

**Caution: As with any precision cutting instrument, the edges of the cutting cones are very sharp. Use extreme care when handling.**

**Rating:**

