

Chicken with Rice + Roasted Veggies

This meal is fast, easy, inexpensive, and filling. What more could you ask for? Serve with roasted veggies (see recipe below-butternut squash is pictured here) and green salad for a hearty fall meal.

Chicken + Rice

Serves: about 4 adults (or 2 adults and 2-3 kids)

Time: about 30 minutes

Ingredients

- 1 onion (optional)
- ½ cup long-grain white rice
- 1 cup milk
- 1 cup water
- 1 tsp chicken bouillon (or 1 bouillon cube)
- 1 (10oz) can of chicken, **drained*** (see note)
- ½-1 cup shredded cheddar cheese

Directions

1. If using an onion, chop it as small as you can, and cook it in oil over **medium-high heat** until it's see-through and starting to turn brown.
2. Add the rice to the onion in the pan and cook 2-3 minutes until rice is coated with oil starting to turn brown
3. Add 1 cup milk, 1 cup water, 1 teaspoon chicken bouillon and 1 can of drained chicken
4. Turn heat to high and bring to a boil. As soon as it boils, turn the heat down to **medium-low until it simmers**, then cover with a lid. (*if you put the lid on right away it will probably boil over and make a mess, wait until it simmers*).
5. Continue to **cook at medium-low heat** (simmering) until all the water is absorbed (about 20 minutes, you will want to keep an eye on the pan so it doesn't burn).
6. Once all of the water is absorbed, taste the rice, it should be soft and delicious. If it's done take it off the heat and continue with step 7. If it's still crunchy, add ¼ cup water and stir it in. Let it cook for 5 more minutes with the lid on and test again. Repeat until the rice is no longer crunchy, then continue with step 7.
7. Top with ½ cup cheddar cheese and put the lid back on until the cheese is melted, serve hot.

*Note: Canned chicken is a great first food for babies. It's very soft and easy to eat, just mash it up and give it to them! No need for blending or grinding. If you have a baby between 6 and 8 months, I would recommend setting aside some chicken for them, as babies don't need all the salt in this recipe. Older babies are okay to have the full recipe.



Roasted Butternut Squash

Serves: about 4 adults (or 2 adults and 2-3 kids)

Time: about 30 minutes

Ingredients

- 1 small butternut squash
- Oil, salt, pepper

Directions

1. Preheat oven to 425 degrees
2. Peel the squash
3. Cut the squash down the middle, lengthwise
4. Put the squash, cut side down, on the cutting board. Cut the squash into slices
5. Cut the slices into strips like big french fries, then cut the strips into squares



- 6.
7. Place on a baking sheet



- 8.
9. Toss with 1 Tablespoon oil, $\frac{1}{4}$ teaspoon salt, and $\frac{1}{4}$ teaspoon black pepper. Mix with your hands so squash is coated with oil, salt, and pepper. If cooking for a baby, leave out the salt and pepper (add salt and pepper to your squash at the table, babies don't need salt).
10. Bake at 425 degrees for 10 minutes. Take the pan out of the oven and stir well so that the surfaces of squash that were touching the pan are now facing the top of the oven.
11. Put back in the oven for 10 minutes until soft and starting to turn brown on the edges
12. The browner it is, the yummier it will be, you can leave it in for 10 more minutes if it isn't quite brown yet on the edges.
13. Put in a bowl and serve! This is delicious plain or stirred into rice or put on top of a green salad.

Note: Roasted vegetables are perfect food for babies. You can mash it for new eaters, or give small pieces to babies who can feed themselves. When making food for babies, don't add salt when cooking, instead, add it at the table on your plate and not on theirs.