

Beet & Sweet Potato Swirl (Baby food)

This pretty autumn swirl is a comforting and delicious early combination for baby. Fresh beets are naturally sweet and a good source of folate, potassium, fiber, and disease-preventing antioxidants. Choose baby beets if possible, as they tend to be a little sweeter and less woody-textured than their larger counterparts.

1 bunch baby beets, about 1 lb of total weight, trimmed and scrubbed

1 sweet potato, scrubbed

- Preheat the oven to 375°. Place the beets in a small baking dish and add water to come ½ inch up the sides of the beets. Cover with aluminum foil. Prick the sweet potato in several places with a fork and place on a small baking sheet. Place the beets and the sweet potato in the oven and bake until very tender, 45-60 minutes. Remove from the oven and let cool.
- Peel the beets and the sweet potato and cut into chunks, discarding the skins. Put the sweet potato in a food processor or blender and process to a puree, adding a little water, breast milk, or formula if needed for a smooth consistency. Transfer the potato puree to a bowl.
- Put the beets in the food processor or blender and process to a puree, again adding a little liquid for a smooth consistency. Transfer to a separate bowl. To serve, swirl together the sweet potato and beet purees in baby's bowl.

Store it: Refrigerate the purees separately in airtight containers for up to 3 days, or spoon individual portions into ice-cube trays or other baby-food freezer containers and freeze, covered, for up to 3 months.