



from the kitchen of ALEXANDRIA SMITH

*Love* DAPHNE MAE

Simple, healthy, and easy meals to make with,  
and for, your family.



## INTRODUCTION

These meals are meant to be made together with your children over laughter and chatter. Connecting while chopping, music playing, babies in slings and little feet perched upon stools.

They are healthy and hearty, comforting and easy. Recipes that can be personalized, tailored to suite your family's tastes, and added to your rotation for a quick, wholesome meal your kids will not just remember the taste of, they will remember the sweet feelings associated with making it and eating it, together.

enjoy, Alex

## White bean and kale soup with broccoli pesto

garlic  
onion  
¾ bag shredded carrots  
2 zucchinis  
4 celery stalks  
2 cans white beans, drained and rinsed  
2 cans petite diced tomatoes  
garlic salt and pepper  
2 cartons chicken or veggie stock  
1 bunch kale  
1 bag broccoli florets  
handful of basil  
small piece of pecorino romano (it's a sheep's milk cheese for those sensitive to dairy!)  
2 lemons  
sourdough bread (always best from a local bakery if you can swing it!)

Cook down your garlic and diced onion and add about ¾ of the bag of shredded carrots, chopped zucchini, and about 4 chopped celery stalks. Add drained beans, and tomatoes with juice. Season liberally with garlic salt and pepper, and add stock. Then add the leafy part of the kale and bring to a boil. Boil for a few minutes then add lid, reduce heat and simmer for an hour or so.

As that cooks, make the broccoli pesto. Add steamed florets (I just steam in the microwave), into a food processor with the basil, pecorino (break into chunks), two cloves of garlic, juice of two lemons, salt and pepper. Mix in food processor and drizzle olive oil as you do. Once incorporated, place in two glass jars, one for the fridge, and once for the freezer.

To serve, ladle in your soup, and plop a big dollop of broccoli pesto on top to be mixed into the soup. Always alongside a crusty piece of sourdough slathered in butter!

### FOR LITTLE HANDS

Kids can help dump cans of beans and tomatoes into the soup and can also chop celery and remove kale from the stems.

## One pan sausage and vegetable bake

chicken sausage (I love the Sabatino's Basil and Cracked Black Pepper Chicken Sausage from Costco, but any Italian style sausage will work!)

French green beans

red potatoes, purple potatoes, or creamy yellow potatoes, or all three (either way, just get the really tiny ones to avoid chopping)

garlic

rice wine vinegar

cilantro

Chop sausage into small pieces, green beans into thirds, and potatoes in half if necessary. Leave garlic in cloves and place everything on a baking sheet. Drizzle with olive oil, salt and pepper, and bake at 400 for about 30-40 mins until potatoes are tender, and sausage is caramelized. When it comes out, drizzle with rice wine vinegar and chopped cilantro.

FOR LITTLE HANDS

Kids can help chop sausage and green beans.

## Maple Dijon roasted chicken and root vegetables

2 boneless, skinless chicken breasts  
2 sweet potatoes  
1 leek  
1 red onion  
brussel sprouts  
maple syrup  
Dijon mustard  
fresh thyme  
bread, of your choice

In the morning, marinate diced chicken breast, cubed sweet potato, chopped leek, onion, and brussel sprouts in mixture of 2 parts maple syrup and 1 part Dijon mustard. Add a hefty amount of fresh thyme, salt and pepper. (Note: thyme can adversely affect a breastfeeding mothers milk supply, just FYI!) Marinate for most of the day and throw it all on a baking sheet and bake at 400 for about 30 minutes until the chicken is 165 degrees and potatoes are tender. Serve with bread.

FOR LITTLE HANDS  
Kids can chop veggies.

## Grilled veggie sandwiches

zucchini  
red bell pepper  
red onion  
mayo  
garlic  
thyme  
chives  
basil  
sourdough bread  
ham deli meat  
shredded mozzarella  
pecorino or parmesan  
Sliced fruit of your choice

Roast long ways sliced zucchini, red pepper, and sliced red onion with olive oil, salt and pepper. Mix mayo with garlic and finely chopped herbs. To build the sandwiches, spread bread with mayo, add veggies, and top with shredded cheese. I use the good ol' foreman grill but a panini press or just a skillet will do the trick of toasting the bread and melting the cheese!

Serve with sliced oranges.

### FOR LITTLE HANDS

Kids can chop veggies, oranges and help build sandwiches.

## Crock pot tacos

boneless, skinless chicken breasts or pork if you'd rather  
1 jar salsa verde  
1 can black beans, drained and rinsed  
½ bag frozen corn  
3 tablespoons Mexican seasoning  
2 packages microwavable Spanish style rice (I like Seeds of Change brand)  
1 small can diced green chiles, drained  
cilantro  
lime  
small white corn tortillas  
avocado  
sour cream  
cheese

Place the chicken breasts in your crock pot with the jar of salsa, black beans, and frozen corn. Sprinkle with seasoning. Cook on high for 4 hours (you can bake in oven at 375 for about 30-40 minutes if you do not have a crock pot). While chicken is cooking, cook rice according to the package, and mix in green chiles, chopped cilantro and lime juice. Shred chicken once cooked. Top with avocado, sour cream, cheese and any other toppings you like.

### FOR LITTLE HANDS

Kids can add jars/cans to the pot.