

FALLing for Fish



Ready in **45 minutes**

Age **10 Months +**

***Adaptation of a Fall inspired Adult Lunch Or Dinner! You and baby can share the nutritional benefits of fresh salmon while making meal prep easy and delicious! Add some quinoa and you have a great meal.**

Ingredients

- 1 Wild Salmon Filet (ask your fishmonger to remove skin and bones;frozen is better than farm raised!)
- 1 Green Apple
- 1 Small Sweet Potato
- Seasoning: pinch of dried rosemary, garlic powder, onion powder, salt and pepper.
- Canola Oil for pan

Preparation

Preheat Oven 400 degrees

1. **Wild Salmon Filet** make sure all bones have been removed. Season both sides with dried rosemary, salt and pepper. You won't need a lot, just barely a pinch. Baby will love the extra flavors!
2. **Green Apple** peel with a vegetable peeler to remove all the skin. It will be hard for baby to chew the skin and could cause choking problems. Using a **Sur la Table Amco Dial-a-Slice Apple Slicer** you can core your Apple super easy! Once your Apple is sliced take each piece and cut into a dice half the size of a dime.
3. **Sweet Potato** Peel with a vegetable peeler to remove all skin. When baby is older you can leave it on. Slice the end of each potato off and stand up vertically. Slice down each side creating a rectangle shape, this will help with rolling while cutting. Save scraps for another meal. Lay your sweet potato horizontally and make slices horizontally 1/4in thick. Stack and make slices vertically this time. You have now made a small dice!

4. Oil a sheet pan with canola oil so that the vegetables and salmon do not stick.
5. Toss together the apple and sweet potatoes spread across the sheet pan. Sprinkle with salt and pepper. Not too much though.
6. Nestle salmon on top of sweet potato and apple. Place in the oven for 15-20min until center is no longer pink.
7. To serve baby, tear small pieces of salmon and mix with apple and sweet potato. If you like, keep separated to see baby try each flavor!
8. Note: the duly version can be made with larger pieces of apple and sweet potato. Make sure to adjust the cooking time to ensure your produce is cooked thoroughly without overlooking the salmon.