VEGGIE PASTA WITH HIDDEN GREENS SAUCE



A Creamy-Looking, Vegetable-Packed
Toddler Pasta

midnightscribble.com

A simple, comforting pasta recipe with a smooth green sauce made from spinach and peas. Whole-wheat pasta adds a hearty base, while olive oil and garlic bring gentle flavor. It's an easy way to introduce little ones to vegetables in a familiar meal.

Prep Time: 10 minutes
Cook Time: 10–12 minutes
Total Time: 20–22 minutes
Yield: 2 toddler portions

YOU'LL NEED

- **1 cup dry whole-wheat pasta**
- **½ cup cooked peas**
- **1 cup fresh spinach**
- **1 small garlic clove, optional**
- **1 teaspoon olive oil**
- **2-4 tablespoons warm water, as needed**

ALL YOU HAVE TO DO

1. Cook the pasta: Bring a pot of water to a boil. Add the whole-wheat pasta and cook according to the package directions.
2. Check the texture: Cook until the pasta is soft enough for your toddler's chewing and eating ability.
3. Prepare the vegetables: Steam or gently cook the spinach and peas until tender. If using garlic, cook it gently until fragrant and softened.
4. Transfer to blender: Add the cooked spinach and peas to a blender or food processor.
5. Add olive oil: Pour in the olive oil and add 2 tablespoons of warm water.
6. Blend until smooth: Blend into a creamy-looking green sauce. Add more warm water, a little at a time, if needed.
7. Drain the pasta: Once cooked, drain the pasta well.
8. Combine: Return the warm pasta to the pot or place it in a bowl. Add the green sauce and toss until evenly coated.
9. Cool and serve: Allow the pasta to cool to a comfortable serving temperature before offering it to your toddler.

Toddler-Friendly Serving Tips

- Cut larger pasta shapes into smaller, manageable pieces.
- Choose a pasta shape that your child can comfortably handle.
- Make sure the pasta is soft and the sauce is smooth.
- Serve small portions and allow your child to explore the green color and flavor at their own pace.
- Always have your toddler seated upright and supervise them closely while eating.

Make It More Filling

For a more balanced meal, serve the pasta alongside a small portion of:

- Finely shredded, fully cooked chicken
- Carefully deboned, soft flaked fish
- Another protein your child has already eaten safely

Easy Variations

- Cheesy Green Pasta: Stir in a little finely grated cheese if already introduced and tolerated.
- Milder Green Sauce: Leave out the garlic for a gentler flavor.
- Extra Pea Flavor: Add a few more cooked peas to the sauce for a naturally sweet taste.
-

Storage and Make-Ahead Tips

- Refrigerator: Store leftover pasta in an airtight container and refrigerate promptly. Use within 3 days.
- Reheating: Reheat thoroughly until steaming hot, stir well, and allow it to cool before serving. Add a small splash of water if the sauce has thickened.
- Make Ahead: The vegetable sauce can be prepared ahead and refrigerated separately in an airtight container for up to 2 days.

A Little Mealtime Reminder

Vegetables don't always need to be hidden to be enjoyed. A smooth green sauce can make spinach and peas easier to serve, while letting your toddler see and explore different colors and flavors helps build familiarity with a variety of foods.

Simple ingredients, a lovely green sauce, and one more delicious way to bring vegetables to the table.