



THE CHRISTIAN MAMA'S BEST MEALS FOR NEW MAMAS

FROM ERIN MACPHERSON
WWW.CHRISTIANMAMASGUIDE.COM

You signed up to bring dinner to your friend who just had a baby. Now what? I have you covered with these easy meals that are superdelicious but don't require anything like "tempering cream" or "beating eggs until they resemble your bathroom mirror"—because we all know you have no time for stuff like that. Just make sure to make a double-batch... your kids will never let you get by with bringing one of these babies over to someone else's house without saving some for them.



EGGPLANT, SPINACH AND POLENTA BAKE

I KNOW THIS SOUNDS SUPERHEALTHY (AND IT IS) BUT EVEN MY STEAK-AND-POTATOES HUSBAND REQUESTS THIS DISH AT LEAST ONCE A MONTH. IT'S THAT GOOD. AND IT REHEATS EASILY SO YOUR FRIEND CAN POP IT IN THE OVEN AND HAVE DINNER IN 30 MINUTES.



NO-COOK SHRIMP TACOS WITH ALL THE FIXIN'S

THE COOL THING ABOUT THESE SUPERSIMPLE TACOS IS THAT THE LONGER THEY SIT IN THE FRIDGE, THEY TASTIER THEY GET. SO, YOU CAN DELIVER THEM AT LUNCH TIME AND YOUR FRIEND WILL HAVE A YUMMY DINNER AT 6 PM.



[PUMPKIN BREAD PUDDING WITH CAMEL SYRUP](#)

INSTEAD OF DINNER, DROP OFF A DELICIOUS SATURDAY MORNING BREAKFAST THAT THE WHOLE FAMILY CAN ENJOY AFTER SLEEPING IN LATE (OR AFTER THE BABY GETS UP FROM HIS FOURTH NAP OF THE MORNING).



[GREEK CHICKEN](#)

THIS MAY SOUND COMPLICATED, BUT THIS ONE-DISH DINNER TAKES ABOUT 5 MINUTES TO MAKE AND YOUR FRIEND CAN JUST THROW IT IN THE OVEN, HEAT AND EAT.



[HOT TOMATO POPPIN' PENNE](#)

THIS PENNE IS A LITTLE SPICY, A LITTLE SWEET AND A LOT DELICIOUS. PLUS, IT REHEATS WELL, SO IT'S PERFECT TO BRING TO A NEW MAMA FRIEND.

FOR MORE RECIPES FOR NEW MAMAS (AND FOR YOU), CHECK ERIN OUT AT WWW.CHRISTIANMAMASGUIDE.COM

ILLUSTRATION BY MONICA LEE
WWW.MONICALEESTUDIOS.COM

