

## JESSICA SEINFELD'S Kid-Friendly Eats

**T**HIS BUSY MOM WAS SICK of begging her three kids to eat their veggies, so she came up with an innovative plan, outlined in her new cookbook, *Deceptively Delicious* (Collins, 2007).

"I had begun to dread mealtime," Seinfeld writes. "Then one evening, while I was cooking dinner and puréeing butternut squash for the baby, I had the crazy notion to stir a little of the purée into the mac and cheese I was making for the rest of us. You couldn't really see the squash, and the texture was perfect. So I stirred in more. Feeling only a little guilty that I was tricking my poor babies, I mixed in enough to feel satisfied that I was giving them a healthy, great-tasting meal. I held my breath. It worked! My kids plowed right through their dinners."

Seinfeld now hides sweet potato in pancakes, cauliflower in potatoes and spinach in pizza. Read on to see how.

### PERFECTLY SNEAKY

Before you toss these veggies into the blender or food processor to purée, prep and cook as follows:

**Beets** Trim stems to 1 inch. Wrap, unpeeled, in aluminum foil, and roast at 400° for about 1 hour, or peel, quarter and steam for 45 to 50 minutes.

**Broccoli** Cut into florets. Steam 6 to 7 minutes. Add a couple of tablespoons water to blender or food processor if needed for smooth texture.

**Cauliflower** Cut florets off stem; discard stem. Steam 8 to 10 minutes. Purée with a couple of tablespoons water if needed.

**Baby spinach** Steam 30 to 40 seconds, or cook in skillet with 1 tablespoon water 1 to 1½ minutes to wilt.

**Sweet potato** Cut unpeeled potatoes into quarters and steam 40 to 45 minutes, or roast whole potatoes at 400° for 50 to 60 minutes. Scoop flesh out of skin.



JOHN DOLAN

### CHICKEN NUGGETS

- 1 cup whole wheat, white or panko bread crumbs
- ½ cup flaxseed meal
- 1 tbs. grated Parmesan
- ½ tsp. paprika
- ½ tsp. garlic powder
- ½ tsp. onion powder
- 1 cup broccoli, spinach, sweet potato or beet purée
- 1 large egg, lightly beaten
- 1 lb. boneless, skinless chicken breast or chicken tenders, rinsed, dried and cut into small chunks
- ½ tsp. salt
- Nonstick cooking spray
- 1 tbs. olive oil

1. Lay a large sheet of waxed paper or aluminum foil on counter. Combine first six ingredients on paper or foil, and mix well with your fingers.
2. In shallow bowl, mix purée and egg with a fork and set bowl next to bread crumb mixture.
3. Sprinkle chicken with salt. Dip chunks into egg mixture and toss in bread crumbs until coated.
4. Coat a large nonstick skillet with cooking spray and heat over medium-high burner. When skillet is hot, add oil. Place chicken nuggets in skillet in a single layer, being careful not to crowd the pan, and cook until crisp and golden on one side, 3 to 4 minutes. Turn and cook until chicken is cooked through, golden brown and crisp all over, 4 to 5 minutes longer. (Cut into a piece to check that it's cooked through.) Serve warm. Serves 4.



**W** The reason people eat together is because if you ever sit with someone who's eating and you're not eating, you can't believe how disgusting it is." JERRY SEINFELD

TOP: LISA HUBBARD; (SEINFELD) BRENOAN MCDELMID/REUTERS/CORBIS

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