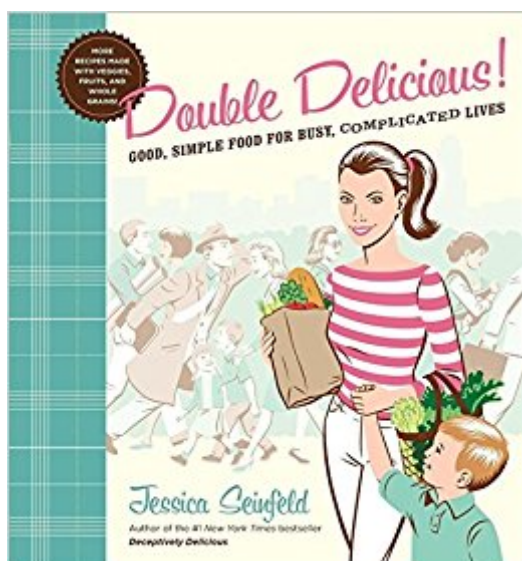


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# Double Delicious: Good, Simple Food For Busy, Complicated Lives



## Synopsis

The follow-up to the #1 New York Times bestseller *Deceptively Delicious* goes beyond purees and kids' foods to make family mealtime more delicious, more wholesome, and simpler than ever. In her bestselling book *Deceptively Delicious*, Jessica Seinfeld inspired millions of parents to improve their kids' eating habits by giving everyday classics a nutritional boost with hidden vegetable purees. Now in *Double Delicious!*, she's turned her attention to the whole family. Here are more of her easy, imaginative recipes that use the power of purees to make everything healthier, from a hearty Turkey Meatloaf to an irresistible Tiramisu. Again, she's raised the bar nutritionally and eliminated unnecessary sugar and fat, boosted fiber and nutrients, and cut way back on sodium to bring us more healthful food with fantastic flavor. (She's even developed a Chocolate Peanut Butter Pie that nutritionist Joy Bauer loves!)

## Book Information

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## Customer Reviews

The follow-up to the #1 New York Times bestseller *Deceptively Delicious* goes beyond purees and kids' foods to make family mealtime more delicious, more wholesome, and simpler than ever. In her bestselling book *Deceptively Delicious*, Jessica Seinfeld inspired millions of parents to improve their kids' eating habits by giving everyday classics a nutritional boost with hidden vegetable purees. Now in *Double Delicious!*, she's turned her attention to the whole family. Here are more of her easy, imaginative recipes that use the power of purees to make everything healthier, from a hearty Turkey Meatloaf to an irresistible Tiramisu. Again, she's raised the

bar nutritionally and eliminated unnecessary sugar and fat, boosted fiber and nutrients, and cut way back on sodium to bring us more healthful food with fantastic flavor. (She's even developed a Chocolate Peanut Butter Pie that nutritionist Joy Bauer loves!) now.

**From Double Delicious!: Teriyaki Chicken** A family favorite served weekly at our house, with a side of rice and broccoli. Prep 30 minutes Total 55 minutes Yield Serves 4

**Ingredients** 3 tablespoons reduced-sodium soy sauce 1/4 cup carrot puree 1 tablespoon firmly packed dark brown sugar 1/4 cup 100% orange juice 1 clove garlic, cut in half 2 green onions, cut in thirds 1/2-inch piece fresh ginger, sliced (no need to peel) 1 tablespoon olive oil 4 boneless, skinless chicken breasts (about 1-1/2 pounds) 1/4 teaspoon pepper 1/4 teaspoon sweet paprika

**Directions** 1. Preheat the oven to 350° F. Place all the ingredients for the teriyaki sauce in a small saucepan. Bring to a boil. Reduce to a simmer, then cook until the mixture thickens, 8 to 10 minutes. Remove the garlic, onions, and ginger. 2. Heat the olive oil in a large ovenproof skillet over high heat. Sprinkle the chicken with the pepper and paprika. When the oil is hot, add the chicken and cook 4 to 5 minutes per side, until both sides are golden. Off the heat, carefully pour in the teriyaki sauce. Slide the skillet into the oven. Bake until the chicken is cooked through, 20 to 25 minutes. Serve immediately.

**From Double Delicious!: Apple Crumble** Every fall, we go to a great orchard in Long Island, New York, and pick tons of apples. I make this apple crumble with the ones we can't finish.

Prep 30 minutes Total 1 hour 15 minutes Yield Serves 12

**Ingredients for Filling** 4 large Golden Delicious or Gala apples (about 3 pounds) 1/2 cup butternut squash puree 1/4 cup firmly packed light brown sugar Juice of 1 lemon (about 2 tablespoons) 2 tablespoons whole-wheat flour 1 teaspoon ground cinnamon 1 teaspoon pure vanilla extract

**Ingredients for Topping** 1/2 cup walnuts, pecans, or almonds, roughly chopped 1 cup whole-wheat pastry flour 1-1/4 cups old-fashioned oats 1/4 cup firmly packed light brown sugar 1 teaspoon ground cinnamon 1/4 teaspoons salt 1/2 cup trans-fat-free soft tub margarine spread, frozen

**Directions** 1. Preheat the oven to 350° F. Coat a 9 x 13-inch baking dish with non-stick cooking spray. Peel, core, and slice the apples into 1/4 inch slices. In a large mixing bowl, toss the apples, squash puree, brown sugar, lemon juice, flour, cinnamon, and vanilla. Transfer to the dish and spread out in an even layer. Set aside. 2. Make the topping. In another large bowl, mix together the nuts, pastry flour, oats, sugar, cinnamon, and salt. Using your fingertips, gently work in the frozen margarine until pea-size lumps form. If the margarine begins to melt, place the bowl in the freezer for 5 to 10 minutes. 3. Top the apples evenly with the nut mixture and bake, uncovered, until the apples are bubbly and the topping is golden brown, about 45 to 50 minutes. Serve warm or at room temperature. --This text refers to an out of print or unavailable edition of this title.

Jessica Seinfeld is the founder and president of Baby Buggy, a nonprofit organization dedicated to providing clothing and equipment to New York's families in need. She is the wife of Jerry Seinfeld, with whom she has three children. This is her first book. Jessica Seinfeld es la fundadora y presidenta de Baby Buggy, una organizaciÃ³n sin fines de lucro que provee ropa y equipamiento a familias necesitadas de Nueva York. Es la esposa de Jerry Seinfeld, con quien tiene tres hijos. Este es su primer libro.

Double Delicious!: Good, Simple Food for Busy, Complicated Lives Deceptively Delicious: Simple Secrets to Get Your Kids Eating Good Food For years, I swore up and down that I would never, ever do the "hiding the veggies" things. Well, that was before I had a toddler. My friend brought some carrot cake muffins from Seinfeld's first book to playgroup and we inhaled them. While my toddler will try veggies, he won't actively eat them, and though he eats well otherwise, I want him to get the vitamins and nutrients. I bought both of her books on a whim after playgroup, figuring it was worth a shot. So far I have made 3 things, and my husband, myself and my son have all had multiple servings of each! The recipes are easy and straightforward and easily adaptable (we keep a mainly Paleo diet). Everything is delicious and has my toddler asking for "more, more, more." Additionally, my husband brought the turkey meatloaf into work to share with his coworkers and they all loved it, and couldn't believe what was hiding inside! I recommend this book to anyone, not just moms of picky toddlers. My husband and I are very good about getting in more than our daily recommended amount of veggies, but it can't hurt to get in a few more. This book makes it easy and delicious! My only complaint is that we are both Paleo and keep kosher, so many recipes can't be used, or have to be adapted, but that's a choice we made, so it's nothing against the book.

Creative way to get the right food in the mouths of picky eaters. Simple recipes that use ingredients in most kitchens. Great explanations and details. The end result of all recipes I have tried is awesome. Everyone likes them and there are rarely leftovers! I also recommend "Deceptively Delicious" by Jessica Seinfeld.

Jessica Seinfeld, please write more of these cookbooks!! I am not an accomplished cook, but even I could handle making the purees from the detailed and easy instructions. I even invited my neighbor with the picky kids over and we made purees for her family one day. Oh, hope they're not reading this! Anyway, I love the recipes- so easy and delicious and my kids, pre-teen and teens, know that I

use the purees and still eat what I've cooked. My husband, on the other hand, won't eat anything I make anymore without first asking me if there is something healthy in it. I found that that is helpful when I want him to stay away from certain foods that I haven't cooked using Jessica's recipes. The kids and I just turn up our noses and say there is cauliflower, broccoli or spinach inside and then there's more for us! Yum!!

I am learning to practice healthy eating. After sampling two recipes from this book, I decided to purchase it. I visited my son and his family in Texas and cooked them the lemon chicken and cauliflower gratin. They all raved about the recipes. I plan on trying some more recipes myself. The pureeing is so easy, delicious, and healthy.. Thank you Ms Seinfeld

I had the first one and was very excited for a second one, hoping for more recipes. However, I was disappointed with this book.

Very good ideas to put vegetables into foods for your kids.

Gave this book as a gift and from what I was told this is not a cookbook for busy, complicated lives! Did not realize it was another puree book (no purees on the show)... but OK my friend gave it a try. She spent a day making purees. All the recipes took much longer to prepare than it says it will. The sweet and sour meatballs recipe said said was very confusing and a big mess! What do you bake when? she had to add the oatmeal too and was able to salvage the meal. The bacon egg cups looked like a yummy, fun breakfast. But, she warned not to do it as it was terrible!! It tasted and smelled like over done cauliflower! Her family likes cauliflower but, said it was awful. No one in her family would eat it. She was very disappointed. I should have read reviews more extensively before purchasing!

ABSOLUTELY LOVE this book!! I only received it a week ago and have made the waffles which called for carrots but I only had squash... They were hearty and good - not great, but I think they would have been better with the carrots. I also made and LOVE the black bean burgers - very similar in taste to Ruby Tuesday's black bean burger w/out the rice. To go with the burgers I made the cornbread which turned out delicious too (I used medium coarse cornmeal instead of the fine it calls for in the recipe and I thought it still turned out great). I'm so excited to try more recipes. There were honestly only 3 out of the entire book that did not interest me at all. I LOVE this way of

cooking. I bought 5 all together to share with friends and family!!

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