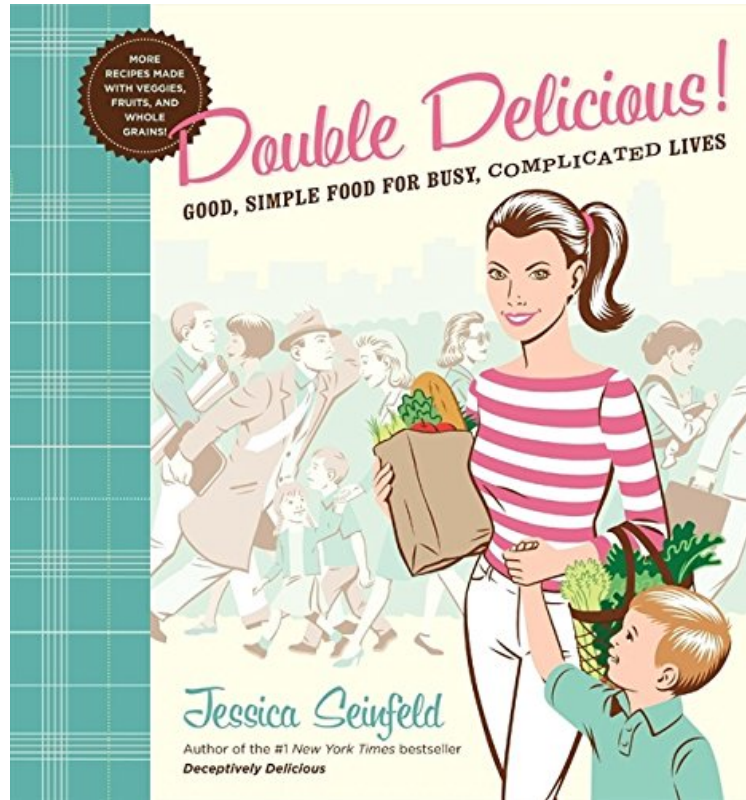


(Download pdf) Double Delicious: Good, Simple Food for Busy, Complicated Lives

Double Delicious: Good, Simple Food for Busy, Complicated Lives

Jessica Seinfeld

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Jessica Seinfeld : Double Delicious: Good, Simple Food for Busy, Complicated Lives before purchasing it in order to gauge whether or not it would be worth my time, and all praised Double Delicious: Good, Simple Food for Busy, Complicated Lives:

2 of 2 people found the following review helpful. Love this! By SSFCreative 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. 0 of 0 people found the following review helpful. SHE'S SEINFELD TOO! By Denise J Holder Can't wait to try these recipes. Saw her prepare a few of them on Wendy Williams Show. Looked Delish! 1 of 1 people found the following review helpful. Easy, healthy recipes By Julie A 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!!

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!)

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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 350F. 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 cant 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 350F. 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.

About the Author 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 organizacin 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.