

Q&A: Jessica Seinfeld



Jessica, here with Shepherd, 2, is also mom to Sascha, 6, and Julian, 4.

Just when you'd abandoned all hope of ever convincing your kids to eat their carrots, here comes Jessica Seinfeld, 36, and her ingenious new cookbook, *Deceptively Delicious: Simple Secrets to Get Your Kids Eating Good Food*. This mom of three (and wife of Jerry) shares some kitchen confidences.



what inspired the book?

I just couldn't say, "Eat your vegetables!" to my kids one more time. I had to find a fast, easy solution to get them eating good food without my constant nagging. Then one night I was making my baby a puree and quite by accident it came out the same color as the macaroni and cheese. I put the two together and my kids started eating without looking up. I was beside myself. Mealtime was so much more pleasant and relaxed. Eventually, I created all these recipes incorporating healthy ingredients and purees, and my friends were so excited to try them that I thought, *Okay, this could definitely be a book.*

what's your kids' favorite recipe?

They could eat the chicken nuggets every night. You dip the chicken chunks into a broccoli puree before the breadcrumbs, which cover up the green. Everything in the book has been tested by them.

does Jerry constantly crack you guys up during dinner?

The best people for him to get a laugh from are his kids—their laughs are so deep. He makes them absolutely roll on the floor.