



Delicious



Double Delicious Good Simple Food For Busy Complicated Lives

Jessica Seinfeld



Double Delicious Good Simple Food For Busy Complicated Lives:

Double Delicious Jessica Seinfeld, 2012-08-28 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 *Not Too Sweet* Jessica Seinfeld, 2024-11-19 NATIONAL BESTSELLER An inclusive all new collection of dessert recipes for everyone to enjoy no matter their age dietary restrictions or skill level in the kitchen from the 1 New York Times bestselling author of *Vegan At Times* and *Deceptively Delicious* In her five cookbooks to date Jessica Seinfeld has shown readers that healthy eating need not be a chore or a bore Now she's back to show you that this truth applies even to dessert The recipes in *Not Too Sweet* allow home cooks to prepare crowd pleasing desserts for any diet be it vegan gluten free less sugar no sugar no nuts or no restrictions With her trademark accessibility and ingenious use of ingredients Seinfeld provides step by step instructions for making all manner of treats chocolatey fruity traditional quirky that will satisfy every not too sweet tooth Featuring gorgeous inviting photography and entertaining stories from the kitchen table of the dessert obsessed Seinfeld family *Not Too Sweet* is the ultimate guide to plotting a happy path to a delicious final course *The Can't Cook Book* Jessica Seinfeld, 2013-10-08 From the 1 New York Times bestselling author of *Deceptively Delicious* an essential collection of more than 100 simple recipes that will transform even the most kitchen phobic Can't Cooks into Can Cooks Are you smart enough to dodge a telemarketer yet clueless as to how to chop a clove of garlic Are you clever enough to forward an e mail but don't know the difference between broiling and baking Ingenious enough to operate a blow dryer but not sure how to use your blender If you are basically competent then Jessica Seinfeld's *The Can't Cook Book* is for you If you find cooking scary or stressful or just boring Jessica has a calm confidencebuilding approach to cooking even for those who've never followed a recipe or used an oven Jessica shows you how to prepare deliciously simple food from Caesar salad rice pilaf and roasted asparagus to lemon salmon roast chicken and flourless fudge cake At the beginning of each dish she explains up front what the challenge will be and then shows you exactly how to overcome any hurdles in easy to follow step by step instructions Designed to put the nervous cook at ease *The Can't Cook Book* is perfect for anyone who wants to gain confidence in the kitchen and who knows maybe even master a meal or two *Deceptively Delicious* Jessica Seinfeld, 2009-10-06 The New York Times bestselling cookbook that shows frustrated parents how to hide healthy ingredients in their kids favorite foods As a mother of three

Jessica Seinfeld can speak for all parents who struggle to feed their kids right and deal nightly with dinnertime fiascos. As she wages a personal war against sugars, packaged foods, and other nutritional saboteurs, she offers appetizing alternatives for parents who find themselves battling with kids who refuse to eat their vegetables. Her book is filled with kid-approved recipes stealthily packed with veggies so kids don't even know. With the help of a nutritionist and a professional chef, Seinfeld has developed a month's worth of meals for kids of all ages that includes, for example, pureed cauliflower in mac and cheese and kale in spaghetti and meatballs. She also provides revealing and humorous personal anecdotes and tips on how to deal with the kid who must have the latest sugar bomb cereal. Along with recipes and tips, Seinfeld addresses the big picture issues that surround childhood obesity and its long-term and ruinous effects on the body. *Deceptively Delicious* provides an arsenal of information on kids' nutrition so parents understand why it's important to throw a little avocado puree into their quesadillas. She discusses the critical importance of portion size and the specific elements kids simply must have in order to flourish now and in the future: protein, calcium, vitamins, and Omega 3 and 6 fats. This book is practical, easy to read, and a godsend for any parent who wants their kids to be healthy for a long time to come. I found the techniques for adding vegetables to meals extremely creative, and the recipes fantastic. Bob Greene, *New York Times* bestselling author of *The Best Life Diet*. Sound tips for learning to say no to junk when kids ask, encouraging conversation, getting children to participate in prep and cleaning, and developing age-appropriate eating habits. Publishers Weekly. [The Can't Cook Book \(with embedded videos\)](#) Jessica Seinfeld, 2013-10-08. The Can't Cook Book is for anyone terrified, worried, or stressed about cooking. It is also for anyone looking for easy meals to execute made with just a few easy-to-find ingredients. Filled with over 100 simple and healthy recipes, these dishes will inspire you with their ease and your friends and family with their elegance. This edition also includes 25 original videos of Jessica demonstrating everything from how to neatly chop a clove of garlic to how to determine when fish is done, providing readers a truly multimedia experience. *Seinfeld FAQ* Nicholas Nigro, 2015-06-01. FAQ: Is it a show about nothing or one of the greatest TV series of all time? It's both, of course. Seinfeld's impact on popular culture was so profound that it continues to this day years after it left prime time, thanks to its inimitable characters: Newman, Bubble Boy, its wacky, memorable plots, who can forget The Contest or The Puffy Shirt, and the many catchphrases we use regularly, not that there's anything wrong with that. *Seinfeld FAQ* is the first ever comprehensive guide to the sitcom, tracing its path from modest beginnings to water-cooler show status and to its infamous love-it-or-hate-it finale. This humor-filled reference tells all about Jerry, Elaine, George, and Kramer, as well as the other unforgettable characters in their world. It features season-by-season episode reviews and a wealth of fun facts about everything from the characters' inevitably doomed relationships to their food obsessions and fashion sense, or lack thereof, as well as profiles of actors and other notables. Broad in scope and yet obsessed with detail like the show itself, this FAQ is essential reading for anyone who wants to be master of the Seinfeld domain. *Deceptively Delicious* Jessica Seinfeld, 2007. **Atkinson's Evening Post, and Philadelphia Saturday News**

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