



EAT YOUR FRIES! Um, your veggies, that is. These frylike sticks from Peas of Mind (how cute is that?) are made with cauliflower, carrots, or broccoli mixed with a little potato. Our kid testers polished them off with no coaxing;

their texture and shape are right on the money. But if your child is skeptical, offer them with dip. Log on to peasofmind.com to find out where they're sold. (\$4 per bag)

Fourteen pieces have only 20 to 25 calories and no fat.