

SUNDAY, OCTOBER 9, 2011

GIVE PEAS A CHANCE



IF YOU ARE A parent of a picky little eater, a kid who won't allow vegetables to pass their lips, I have three words for you: Peas of Mind

Say what? It's a local kid-food company that specializes in making kid-friendly entrees that are designed to slip those veggies under the radar of even the pickiest eaters. Does it work? I think so. The product designers work really hard to make sure the vegetables are kept low-profile, but present. They're pretty creative about it.

The pizza is kid-perfect. It's tender, saucy and has a minimum of cheese. The secret: worked into the dough is a touch of carrot, broccoli and cauliflower – not a tone, but enough to deliver 3 grams of fiber and some added vitamins. Half of the pizza – a large serving, has 325 calories.

Even more genius are the Veggie Wedgies -- aka. french fries made from either cauliflower, broccoli, carrot or apple. They bake up nice and krispy and have a benign enough flavor to slip past most picky eaters. Serve them with a pool of ketchup and the kids will never suspect a thing. Find Peas of Mind products at Safeway and Whole Foods.

<http://www.peasofmind.com/>