

Peas of Mind

It's fine if you feel like skimping every now and again on a proper meal (after all, it's the lazy days of summer), but when it comes to the kids, you need to make sure they're well-nourished. It doesn't get much simpler than popping a Peas of Mind Puffet into the microwave. These frozen, fully cooked mini-casseroles (recipes were concocted by founder Jill Litwin with the help of a nutritionist) are loaded with wholesome organic ingredients. Litwin was horrified when she watched a friend serve her son green beans from a can a few years back. "I thought, no way am I going to let your son grow up that way," she recalls. But, she had no idea her penchant for healthy cooking would lead to a new career. Northern California-based Litwin, then living in Burlington, Vermont, put her kitchen skills to the test to find

more nutritious, but simple alternatives to canned vegetables and other convenience foods that often tempt moms who are short on time. "My friend just didn't have time to make her son a well-balanced meal," she reveals. "I wanted to find something that was all-encompassing, so she wouldn't have to whip up a side of this and a side of

that to give him a full meal. I wanted to get as many of the four food groups as possible represented via a casserole dish." The result is the Puffet. To date there are four classic varieties: Black Bean Polenta; Eat Your Greens (with spinach and broccoli); Carrot Risotto; and Nanna's Banana. New dishes are on the horizon. www.peasofmind.com

