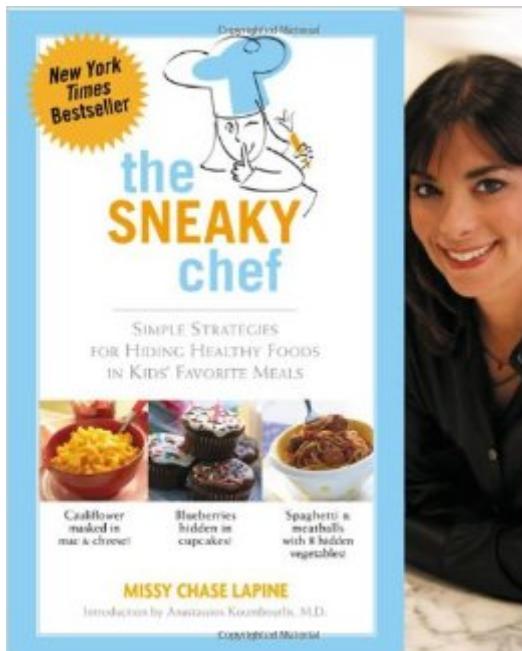


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# The Sneaky Chef: Simple Strategies For Hiding Healthy Foods In Kids' Favorite Meals



## Synopsis

Parents will do almost anything to get their kids to eat healthier, but unfortunately, they've found that begging, pleading, threatening, and bribing don't work. With their patience wearing thin, parents will give in • for the sake of family peace, and reach for kiddie • favorites—often nutritionally inferior choices such as fried fish sticks, mac n' cheese, Pop-sicles, and cookies. Missy Chase Lapine, former publisher of Eating Well magazine, faced the same challenges with her two young daughters, and she sought a solution. Now in *The Sneaky Chef*, Lapine presents over 75 recipes that ingeniously disguise the most important superfoods inside kids' favorite meals. With the addition of a few simple make-ahead purees or clever replacements, (some may surprise you!) parents can pack more fiber, vitamins, and antioxidants in their kids' foods. Examples of *Sneaky* • recipes include: No Harm Chicken Parm Power Pizza Incognito Burritos Guerilla Grilled Cheese Brainy Brownies Health-by-Chocolate Cookies Quick fixes for Jell-O(R)

## Book Information

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## Customer Reviews

We don't care who did it first, the *Sneaky Chef* is the one that works., Sleep Doctor "Dr. Mom, MD" (Los Angeles, CA) - See all my reviews This review is from: *Deceptively Delicious: Simple Secrets to Get Your Kids Eating Good Food* (Spiral-bound) This weekend 7 friends and I got together to compare recipes from *The Sneaky Chef*(TSC) and *Deceptively Delicious*(DD). Our primary loyalty is to our kids and getting good food into them. We don't really care who did it first, just what works. We've been successfully sneaking for months and need more recipes now, so we were eagerly

awaiting the release of Deceptively Delicious. We chose six duplicate recipes from each book (12 total) and did double-blind (where neither the server nor the child knows which is which-only the cook keeps track) side by side taste tests. The whole process took all day Sunday. We chose to make mashed potatoes, mac n cheese, peanut butter & jelly muffins, brownies, chicken nuggets and meat loaf. Summary: For one reason or another, kids clearly preferred the recipes from TSC. The main reasons seemed to be that DD's were too sophisticated in flavors and the textures were off. The cooks felt that TSC was more geared towards kids' tastes, especially where picky eaters are concerned, and addressed the needs of the cook better. Roughly half of the recipes in Deceptively Delicious are the same as in The Sneaky Chef, which was disappointing since we're starved ; ) for new recipes at this point. The following are the detailed results: Mashed Potatoes: Kids' preference: TSC. Main reason: "Creamier." DD was called "watery" by most kids. Cooks found both recipes easy to make and would do so regularly. Mac n cheese: Kids' unanimous preference: TSC.

Let me first say I like this book and I am glad I purchased it. I echo other reviewers who question the idea of hiding foods instead of teaching your children to enjoy them. However, this is certainly a way to sneak some in while you are attempting the teaching. My kids are not THAT picky, but they are children after all so of course they would prefer nothing but cookies for the rest of their lives. I have made all the purees so far and have tried many of the recipes. I have also used the concept in my own recipes with great success. Like other reviewers, I am also wondering how much nutrition is left in the food once you boil it down to nothing. In some cases, I have added the water I boiled the veggies in to recipes in other ways. Don't know if that helps anything, but it made me feel better about it. Now for my disappointment about the book...the recipes don't have nutritional values listed. Yes, there is a list of nutrients provided by the sneaked in foods, but no real nutritional value - ie calories, fat, fiber, etc. My next project will be to calculate nutritional value based on my old recipes versus adding the new recipes. I am not certain how much I am actually changing the value - in other words, am I doing a fair amount of work for little improvement? The sneaked in foods seem to be in such small amount sometimes I am just not sure that there is a real value in it. I guess something is better than nothing, but since my kids already eat fairly well, I am not convinced that it is worth all my extra effort. I should say for the record that I have 4 children - infant, 2, 4 and 13.

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