

Mozzarella sticks—Makes 8 sticks

Did you know? You can sneak extra vegetables into some of your favorite recipes!

1 cup whole-wheat breadcrumbs
1 tablespoon flaxseed meal (optional)
1 tablespoon sesame seeds (optional)
1 cup shredded part-skim mozzarella
½ cup *cauliflower puree
1 tablespoon cornstarch
Nonstick cooking spray
1 tablespoon olive oil
¼ teaspoon salt

In a bowl, toss the breadcrumbs with the flaxseed meal and sesame seeds. In a second large bowl, stir together the mozzarella, cauliflower puree, and cornstarch until well combined. Shape into eight 2x1/2 inch logs. Gently roll each log in breadcrumbs, then wrap in aluminum foil or waxed paper and freeze for 20 minutes. Make sure they are frozen before you cook! Coat a large nonstick skillet with cooking spray and set it over medium-high heat. When the pan is hot, add the oil. Arrange the mozzarella sticks in the pan in a single layer, being careful not to crowd them. Cook for 3 to 4 minutes, turning occasionally, until the crumb coating begins to brown. Sprinkle with salt and serve with ketchup or marinara sauce.

***Cauliflower puree**

Cut off florets and discard core from 1 head of cauliflower. Steam for 8 to 10 minutes. Puree in food processor or blender for about 2 minutes, with a few teaspoons of water if needed for a smooth, creamy texture.

Source: [Deceptively Delicious; Simple Secrets to Get Your Kids Eating Good Food](#); Jessica Seinfeld