

Picky Eater: Get juiced up on Purple

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EVEN PICKIER: Those who know me are well-aware that the title of this column suits. I admit it. I'm rarely content with what I put in my mouth.

But there are, it turns out, eaters who are pickier than myself — eaters so picky that they'd rather go hungry than eat food that has even a hint of flavor. These people tend to be young, like my neighbor. Her dinner last night? A cup of instant mashed potatoes, no gravy or toppings.

It is for her and her kind that foods like Peas of Mind's Puffets are created. They're muffin-shaped organic meal options that are made with (Shhh! Don't tell them) all the foods these kinds of eaters refuse to eat: black beans, peas, carrots, even lentils. They have a touch of flavor, but not enough to offend these super-picky eaters.

Peas of Mind, based in San Francisco, makes six Puffet flavors, including two non-dairy options. The newest is the politically correct Dalai Lentil, a barely curried puff. Peas of Mind products can be found at Andronico's, Draeger's, Whole Foods and other specialty markets. They're about \$6 for four puffets.

PICKY OR ICKY? Here's a Southern treat from my inbox: Pimento Cheese. Mix a pound of grated cheese with a heaping cup of mayonnaise. Add pimento, a bit of spice and bake until bubbly. Revolting? Or regional favorite? You decide.