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EVERY DAY

with RACHAEL RAY

**MY ALL-NEW
LAZY
30-Minute
MEALS**

Sammies, Pasta & More!

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EAT FOR A WEEK!**

Eat Well

**22 Ways to Make
Everything
More Delish!**

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When is a tortilla chip **more**



than a tortilla chip?



When it's made with
all natural ingredients
through and through.



ON THE COVER



p **83**



It's thrilling! We're reveling in exploring new territory. First, we turned up the heat in the kitchen, transforming ordinary pancake batter into crepes and more ("Batter Up," page 78). Then we traveled coast to coast to find America's best hot dog (page 127), and watched chef Michael Symon and his wife reinvent the dinner party ("A Class of Their Own," page 122). Finally, your own cooking will reach new heights with our myth-busting advice in "Your Burning Cooking Questions...Answered" (page 106). Come join the fun!

FIND IT FAST!
if you want...
...cooking tricks



...to save \$\$\$



...personal time



bookmark it!

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take a bite outta life!

EVERY DAY with RACHAEL RAY march 11



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Don't let the blues take over. **Displaying family memorabilia in your kitchen** triggers good feelings tied to happy memories.



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Wine-bottle shape matters: If you like crisp whites, **go for a bottle that's tall and narrow.**



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Prep your box grater for sticky food like chocolate and soft cheese by **spritzing the outside with cooking spray.**

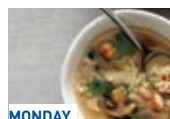
4 shortcuts

p **85**

THE EVERY DAY MENU PLANNER
1 SHOPPING TRIP = 7 DINNERS



SUNDAY



MONDAY



TUESDAY



WEDNESDAY



THURSDAY



FRIDAY



SATURDAY

p **66**

Counting calories? **Stretch a cheese sauce recipe by adding broth into the mix;** it will reduce the amount of fat per serving.

coming up

Want a glimpse into the future? **Here are some things you'll learn this time next month:**

Where's Rachael?

You'll never guess: Rach goes to Morocco—and rides a camel!

No-Guilt Bites

Dozens of healthy (and tasty!) snacks

WE'VE GOT LOOT

A tag sale so fun it feels like a party

Spring Cleaning

"Insta-clean" tricks you'll love!



Easy act to follow.

9 out of 10 Americans aren't getting essential nutrients we need. That's a serious gap. But just one more serving of nutrient-rich milk a day for you and your family can help fill it. Sometimes the smallest acts make the biggest difference. So, pour one more.

got milk?[®]

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Neither mini nor van.



Presenting the Chevy Traverse. The 8-passenger crossover designed for families and made for you. The interior amenities lavish the driver in comfort, yet it has 30% more cargo space than a Honda Pilot. The Traverse also offers a remarkable 24 MPG highway.¹ It was even named a *Consumers Digest* "Best Buy" three years in a row. Everyone deserves a family car that isn't a minivan. **Starting at \$29,999². Find out more at chevy.com.**



2011 LTZ as shown, with 7-passenger seating, \$38,750²

¹ EPA estimate (FWD). ² MSRP. Tax, title, license, dealer fees and optional equipment extra. The Best Buy Seal is a registered trademark of Consumers Digest Communications, LLC, used under license. Chevrolet and Traverse are registered trademarks and Chevy is a trademark of General Motors. ©2010 General Motors. Buckle up, America!



Rach's world

Come on in!

Rachael sure is one busy gal! Here are seven ways you can join in the fun. Get all the details at rachaelraymag.com/march.



3 She's chowing down for St. Patty's day

Everybody's Irish on March 17 with a bowl of Rachael's St. Patty's Corned Beef and Cabbage Stoup, ready in 30 minutes or less. Get it and other fast, easy recipes to celebrate and kick the mid-March blahs at rachaelraymag.com/march.



6 She's giving away tickets!

Here's your chance to zoom past the waiting list for show tickets: We're giving away a pair to one lucky winner. Enter to get your hands on them and see Rachael live at rachaelraymag.com/march.

4 She's hitting the Austin music festival

John's band, The Cringe, will be performing on March 19 at Rach's annual party for the SXSW music festival—but we're giving you a backstage pass! Get the lowdown on her fave places to eat, stay and rock, plus exclusive pics, at rachaelraymag.com/march.

5 She's introducing new stoneware

If you're near Chicago the first week of March, you may spot Rach hanging out at the 2011 International Home + Housewares Show, probably giving attendees a peek at her new stoneware—in eggplant! It'll be available soon at rachaelraystore.com/shopmag.



7 She's chilling out with a movie (or two!)

One of Rach's favorite stars, Michael J. Fox, has a Quadruple Comedy Pack (including *The Secret of My Success*, *The Hard Way*, *For Love or Money* and *Greedy*) out on DVD March 22.

1 She's giving back

Gerber and Rachael Ray's Yum-o! nonprofit organization joined up earlier this year to raise over \$220,000 for Yum-o!—with Gerber giving \$1 for every "like" they got on Facebook. If you took part, thanks! See how else you can make a difference at yum-o.org.

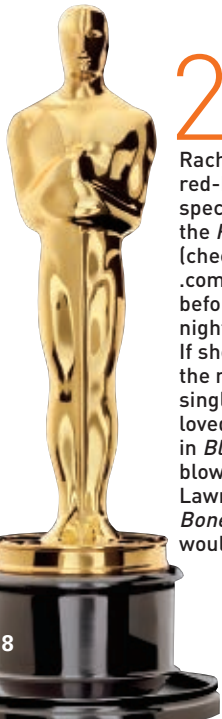
2 She's celebrating the Oscars

Rach is rolling out a red-hot red carpet with special Oscar recipes on the *Rachael Ray* show (check rachaelraymag.com/march for airdate), before spending the big night watching at home! If she were making the noms? "I have no single favorite, but I loved Natalie Portman in *Black Swan* and was blown away by Jennifer Lawrence in *Winter's Bone*. One of them would get my vote!"



8 She's tweeting dinner plans

"dindin: gnochetti w homemade sausage w fennel pollen, eggplant, saffron cream pecorino. Luscious!" @Rachael_Ray
Still hungry? Follow twitter.com/rachaelraymag for new 30-Minute Meals and other recipes every day.





Finding the right recipe? Piece of cake.

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Triple Layer Chocolate Cake with Chocolate Frosting

- 1 cup cocoa powder
- 2 cups boiling water
- 1 cup butter, softened (2 sticks)
- 2 1/2 cups sugar
- 3 eggs - room temperature
- 2 3/4 cups all-purpose flour
- 2 teaspoons baking soda
- 1/2 teaspoon baking powder
- 1/2 teaspoon salt
- 1 1/2 teaspoons vanilla extract

Remember!!

Preheat oven to 350°F. Grease and flour three 9-inch cake pans.

In a medium bowl, stir the boiling water into the cocoa until smooth, and set aside.

In a separate bowl, combine the flour, baking soda, baking powder and salt, and set aside.

At medium speed of an electric mixer, cream the butter and sugar for 4 to 5 minutes.

Birthday cake

Sunday Chili

Spinach Dip

Scan for \$2 coupon or visit Post-it.com/food



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with RACHAEL RAY

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A well-dressed salad with a Newman's Own® thin & crispy frozen pizza makes a delicious, well-rounded meal in just 10 minutes. Because our pizzas are made using only premium ingredients like all-natural diced tomatoes, real mozzarella, extra virgin olive oil and absolutely no shortcuts. In fact, this meal is so packed with flavor that we'd prefer to

Let the food speak for itself.

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OLAY. CHALLENGE WHAT'S POSSIBLE.™



I've said it before: Adventure is a state of mind.

All you need is an adventurous spirit to make each day of your life seem a little fresher and more fun. For starters, **cooking is an everyday adventure and can take you anywhere in the world you want to go.** But it's not the only way you can liven up your routine. One of my favorite pastimes is getting lost: Drive in any direction and find out where one tank of gas will get you. Or, on a rainy day, make a scavenger hunt for your kids to see how many laughs can be had for no money at all. As for me, whether I'm jumping out of a plane, traveling near or far, or taking Izzy to the dog park, adventure has always been—and I hope will always remain—a part of my life.

We wanted to find **the hands-down best hot dog in America** (page 127), so we sent three writers on one massive, cross-country adventure. I may be from New York, but when it comes to franks, I go Chicago all the way!



NOT ADVENTUROUS? FAKE IT! I'm an adrenaline junkie, but I know plenty who aren't. One friend, Bert Kreischer, gets hit with a serious case of the jitters before he tapes stunts for his comedy-travel show. Here's what he calls his "anxious guy's guide to keeping calm(-ish)."

Do the stunt with an even bigger coward than you • Avoid caffeine • Express your panic to others • Hug people (and by that I mean women) often • Have a celebration libation waiting for you • Remember how good it will all sound at your funeral

Catch the second season of Bert the Conqueror on The Travel Channel starting in April.

This month's Supermarket 101 (page 59) tackles savings trends. Check it out, and don't forget my tried-and-true advice: **Buy in bulk, shop high and low on the shelves, and compare unit price** rather than ticketed price.

I'm thrilled to spotlight one of my favorite chefs on the planet: **Iron Chef Michael Symon**, a badass on the back of a bike and in the kitchen, who has the most infectious giggle I've ever heard. He and his wife host a cooking-class dinner party for their friends ("A Class of Their Own," page 122)—such a brilliant idea! Chop on, Mike!

Last but not least, a happy-birthday shout-out to my sister, Maria, who was born on the Ides of March.

Love,

Food Adventures for Everyone!

It takes more than "weird" ingredients to scare me! These ideas might sound intimidating, but they're actually huge boosts to your cooking routine.



Anchovies Think you don't like them? You're wrong, I promise. Try melting a little anchovy paste in olive oil over low heat. It won't taste fishy, just salty and nutty. Drizzle it over toasted breadcrumbs or add to any fish dish or pasta dish with fish—I actually add anchovy paste to my lentil soup, and no one knows it's there.



Fresno chiles These guys are mild, with a fruity heat. Cooked seeds and all, they give a bright flavor that goes with almost any cuisine, from Italian to Latin-American.



Messy leftovers Turn yourself into an Iron Chef: Open the fridge and make dinner using any ingredients you find in there. This is especially great for things that are about to go bad—that way, if your creation doesn't work, who cares? You were gonna throw that stuff out anyway.

Dear Subaru,



“Since my husband and I got our Outback in 2000, we’ve been traveling all over North America. This was taken in Monument Valley, UT, during a three-month cross-country trip. Ten goats just appeared out of nowhere and seemed very interested in our car.” - Mei & Yukio M., Forest Hills, NY.

Love. It’s what makes a Subaru, a Subaru.



Tell your story at subaru.com/dearsubaru

question of the month

What store-bought item always seems to taste better than the homemade version?



twitter.com/rachaelraymag

No judgies, but cake mix. My from-scratch cakes never come out as moist.

@cakert

we talk back They can now! Try our foolproof Chocolate Layer Cake* (one of our all-time staff favorites), and forever be known as the Queen of Cake.

OK, maybe fried chicken.

@kmagandy

Mustard potato salad—I prefer when @wegmans makes it!

@NYgirllovesCA

we talk back If you don't live near a branch of Wegmans (an East Coast supermarket chain)—or even if you do—whip up our over-the-top-delicious Loaded Baked Potato Salad*.



rachaelraymag.com

I just can't make my *cinnamon rolls* taste as good as the store-bought kind.

—GLAGGES

I buy **premade piecrusts** from the refrigerated section of the supermarket. Not only do they taste the same or better, but they save me time, and no one can tell I didn't make them myself...unless they read this.

—SANDYPARSONS

we talk back Most of our pie recipes call for the store-bought stuff. Our test kitchen likes Pillsbury Refrigerated Pie Crusts.

There's nothing like store-bought *chicken wings* served with a side of creamy blue cheese.

—KMOSSOW

I make a delicious white bread from scratch, but toasted Pepperidge Farm **cinnamon bread** with a spread of butter is lovely.

—BOBBIEC

I've made **caesar dressing** at home several times, but it's never as good as the bottled stuff.

—CHUCKRAE

I'm not great at making **fresh pasta**, though I have tried! My husband's Italian friends said these were the best brands in American supermarkets: Barilla dried pasta and Giovanni Rana refrigerated fresh pasta, which I found at my local ShopRite.

—SDELAHOZ

we talk back You'll need some [delicious] sauce to go with that pasta! Log on to rachaelraymag.com/march and watch how-to videos for making meat, marinara and cream sauces.



facebook.com/rachaelraymag

Stouffer's macaroni and cheese

—VALERIE GRAY SMITH

Red clam sauce —JENNIFER HOWIE

Chocolate milk

—NIKKI TURLEY

Chicken salad

—DENISE RAYMOND

we talk back Add walnuts or pistachios, and raisins or chopped apples, for extra flavor and crunch. And if you'd like to spice up your favorite brand, try curry powder.



♥ You Love Us...

COVERS

I had to laugh as I was looking over the covers of the past five years of *Every Day with Rachael Ray* and noticed that the only thing that could replace Rachael was a turkey [November 2010].

—CARA HITE, Syracuse, IN

CONGRATS

I adore your magazine—it's absolutely fabulous! Congratulations on your fifth anniversary [December/January 2011], and here's to many more.

—LSAMEMO (via rachaelraymag.com)

CAKES!

Thank you so much for the cake recipes in the December/January 2011 issue. My family and friends baked all five cakes for my 27th birthday party. Our guests loved every delicious bite!

—NOELLE FORMOSA, San Francisco

Noelle's five-layer masterpiece!

♥ You Love Us Not...

GROCERIES

I love your magazine, but "What's In—and Out—at Supermarkets in 2011" [Supermarket 101, December/January 2011] felt ageist to me. I disagree that the desire for authentic ethnic cuisines is more prominent in Gen X-ers and Y-ers. We baby boomers didn't grow up eating chicken nuggets or prepared foods, and many of our parents were immigrants, so we were perhaps *more* aware of ethnic cuisines.

—STUFFINMUFFIN (via rachaelraymag.com)

EXOTICA

I was horrified to read about eating a live octopus in Andrew Zimmern's adventurous-foods article, "Wild Edibles" [Yum, November 2010]. These animals have pain sensors, and eating an animal while it's alive is just plain cruel and unnecessary.

—JJAYCEE (via rachaelraymag.com)

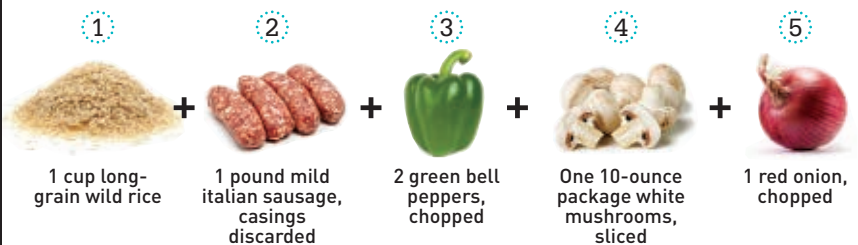
we talk back Quite a few of you were skeeved by this Korean delicacy. But don't worry: While the octopus' tentacles may be wriggling, technically it isn't still alive.

5-ingredient meal

The Winning Recipe:

Unstuffed Peppers

why we chose it This two-step version of stuffed peppers delivers that familiar flavor but cuts the cooking time in half. We love how **reader Corinne Streb** uses flavorful sausage instead of ground meat and includes earthy wild rice instead of plain white.



In a large saucepan, bring 2 cups water, the **rice** and ½ teaspoon salt to a boil. Cover the pan, lower the heat and simmer until tender, about 40 minutes. Remove from the heat and let stand, covered, for 10 minutes; fluff with a fork. Meanwhile, heat a large skillet over medium heat. Add 1 tablespoon extra-virgin olive oil and the **sausage** and cook, breaking up the meat, until browned, about 5 minutes. Using a slotted spoon, transfer the sausage to the rice. Return the skillet to the heat and add 1 more tablespoon olive oil, the **bell peppers**, **mushrooms** and **onion**. Season with salt and pepper and cook until the vegetables are crisp-tender, about 5 minutes. Add the veggies to the sausage and rice and toss. Serves 4.



DO YOU MAKE A GREAT DISH WITH FIVE INGREDIENTS?

Visit rachaelraymag.com/talk. Extra-virgin olive oil, salt and pepper are freebies.

I'm a big fan of stuffed peppers, but the process of cooking, stuffing and baking them is a time hog. So I skip all that extra work: I cook the stuffing and peppers on the stove and just serve everything in a bowl.

—CORINNE STREBIG, Newport News, VA



5-minute mile? Not so much.



5-minute dinner? Done.

GrilledAndReady.com

✓ Success of the Month

PRESTO PESTO

I made pork chops and wanted to top them with pesto. I didn't have basil, so I used parsley and added parmesan cheese, salt, pepper and olive oil. I realized I was out of pine nuts, too, so I used some wasabi-and-soy sauce almonds that I had in the pantry. The pesto turned out amazing—a little spicy and crunchy.

—APAOLAS (via rachaelraymag.com)

we talk back We're going to try this combo just as soon as we can locate those fancy almonds of yours.

✗ Mess of the Month

FRUIT CONFUSION

My cousin was given a case of produce that he took home, telling his mother it was "sicilian tomatoes." She cooked them up, but the pasta sauce was so sweet, it was inedible. It turns out the mystery ingredient was **persimmon**! It's too bad they were cooked with olive oil and garlic—they could have made a delicious jam!

—RR2239 (via rachaelraymag.com)

hey you!

TELL US ABOUT YOUR MESSES AND SUCCESSES Visit rachaelraymag.com/talk or write to letters@rachaelraymag.com or *Every Day with Rachael Ray*, 750 Third Ave., 3rd Floor, New York, NY 10017. Letters and submissions may be edited and used in all print and electronic media.

join our COOKBOOK CLUB!



From February 17 to 20, we'll be making **Whole Roasted Chicken** from Michael Schwartz's new cookbook, *Michael's Genuine Food* (\$35, amazon.com). Log on to rachaelraymag.com for the recipe, and upload your comments and photos alongside those from other readers and *Every Day with Rachael Ray* editors. You'll also find recipes from past club selections, like Eric Ripert's Deviled Eggs with Smoked Salmon.

Here's what was said about those rich, crème fraîche-filled appetizers from last month's book, Avec Eric.

➔ These were tasty and easy to make, though the yolk was a bit soft for my taste, so next time I'd cook the egg a bit longer. The recipe was a nice change from basic deviled eggs, and even my picky 3-year-old gobbled them up! —SARAPHIN21 (via rachaelraymag.com)

➔ Deviled eggs make me nervous because mine always seem to end up looking raggedy. I followed Ripert's instructions, and these came out perfectly smooth! The most important tip: After draining the eggs, run cold water over them until they're completely cool. I'd always peeled my eggs too soon. —EVERYDAY_NICOLE, assistant editor



ATE IT? RATE IT!

Dish about the **recipes you're making**—like this one from our November 2010 issue—on rachaelraymag.com.

I'm always looking for quick weeknight recipes. Your **Bean Taquitos with Cucumber Salsa** fit the bill! The lemony sour cream and the cucumber salsa cool down the heat. Since it's just me and my husband, there's enough left over for lunch the next day.

—TORIANDCANDI07 (via rachaelraymag.com)

WE KNOW YOU'RE BIG SPORTS FANS

63 percent

love watching games from the comfort of home, and 44% of you kicked it up a notch by placing wagers on a game.

Most of you kept your bets low, but

23 percent

are high rollers, gambling \$100 or more.

“I talked to my doctor about my unresolved depression symptoms. I’m glad she recommended adding ABILIFY.”



Actor portrayal



Right now is the time to talk to *your* doctor.

If you’ve been taking an antidepressant for at least 6 weeks but still have depression symptoms, one option your doctor may consider is adding ABILIFY.

ABILIFY is a prescription medicine used to treat depression in adults as add-on treatment to an antidepressant when an antidepressant alone is not enough.

Antidepressants*

including:

- Lexapro®
- Zoloft®
- Prozac®
- Effexor XR®
- Paxil CR®



Some people have had symptom improvement as early as 1 to 2 weeks after adding ABILIFY.†

Important Risk Information about ABILIFY

- Antidepressants can increase suicidal thoughts and behaviors in children, teens, and young adults. Serious mental illnesses are themselves associated with an increase in the risk of suicide. When taking ABILIFY, call your doctor right away if you have new or worsening depression symptoms, unusual changes in behavior, or thoughts of suicide. Patients and their caregivers should be especially observant within the first few months of treatment or after a change in dose. Approved only for adults 18 and over with depression
- Elderly dementia patients taking ABILIFY have an increased risk of death or stroke. ABILIFY is not approved for these patients
- Call your doctor if you have high fever, stiff muscles, confusion, and increased heart rate or blood pressure—these may be signs of a rare but life-threatening condition called **neuroleptic malignant syndrome**

* Lexapro® (escitalopram oxalate), Zoloft® (sertraline HCl), Prozac® (fluoxetine hydrochloride), Effexor XR® (venlafaxine HCl), and Paxil CR® (paroxetine HCl) are trademarks of their respective companies.

† Based on 6-week clinical studies comparing ABILIFY + antidepressant versus antidepressant alone.

- If you develop uncontrollable facial or body movements, call your doctor, as these may be signs of **tardive dyskinesia (TD)**. TD may become permanent and the risk of TD may increase with the length of treatment and the overall dose. While TD can develop after taking the medicine at low doses for short periods, this is much less common. There is no known treatment for TD, but it may go away partially or completely if the medicine is stopped
- If you have **diabetes**, or have risk factors or symptoms of diabetes, your blood sugar should be monitored regularly. High blood sugar has been reported with ABILIFY and medicines like it. In some cases, extreme high blood sugar can lead to coma or death
- **Other risks** may include dizziness upon standing, decreases in white blood cells, which can be serious, seizures, impairment in judgment or motor skills, and trouble swallowing. Until you know how ABILIFY affects you, you should not drive or operate machinery

The **common side effects** in adults in clinical trials (≥10%) include nausea, vomiting, constipation, headache, dizziness, an inner sense of restlessness or need to move (akathisia), anxiety, and insomnia. Tell your doctor about all the medicines you’re taking, since there are some risks for drug interactions. You should avoid alcohol while taking ABILIFY.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

Please read the additional Important Information about ABILIFY on the adjacent page.

Take the next step—
talk to your doctor about
the option of adding ABILIFY.

Visit ABILIFYmePlus.com.



Bristol-Myers Squibb

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IMPORTANT INFORMATION ABOUT ABILIFY

This summary of the Package Insert contains risk and safety information for patients about ABILIFY. This summary does not include all information about ABILIFY and is not meant to take the place of discussions with your healthcare professional about your treatment. Please read this important information carefully before you start taking ABILIFY and discuss any questions about ABILIFY with your healthcare professional.

Name

ABILIFY® (a-BIL-ĭ-fĭ) (aripiprazole) (air-ĭ-PIP-ra-zall)

What is ABILIFY (aripiprazole)?

ABILIFY is a prescription medicine used as an add-on treatment to an antidepressant for adults with Major Depressive Disorder who had an inadequate response to antidepressant therapy.

What is depression?

Depression is a common but serious medical condition. Symptoms may include sadness, loss of interest in activities you once enjoyed, loss of energy, difficulty concentrating or making decisions, feelings of worthlessness or excessive guilt, insomnia or excessive sleep, a change in appetite causing weight loss or gain, or thoughts of death or suicide. These could be depression symptoms if they interfere with daily life at home, at work, or with friends and last most of the day, nearly every day for at least 2 weeks.

What is the most important information that I should know about antidepressant medicines, depression, and other serious mental illnesses?

- Antidepressant medicines may increase suicidal thoughts or actions in some children, teenagers, and young adults
- Depression and serious mental illnesses are the most important causes of suicidal thoughts and actions

For more information, see the Prescribing Information and the Medication Guide called *Antidepressant Medicines, Depression and Other Serious Mental Illnesses, and Suicidal Thoughts or Actions*.

Who should NOT take ABILIFY?

People who are allergic to ABILIFY or to any substance that is in it. Allergic reactions have ranged from rash, hives and itching to difficulty breathing and swelling of the face, lips, or tongue. Please talk with your healthcare professional.

What is the most important information that I should know about ABILIFY?

Elderly patients, diagnosed with psychosis as a result of dementia (for example, an inability to perform daily activities as a result of increased memory loss), and who are treated with antipsychotic medicines including ABILIFY, are at an increased risk of death when compared to patients who are treated with a placebo (sugar pill). ABILIFY is not approved for the treatment of patients with dementia-related psychosis.

Antidepressants may increase suicidal thoughts or behaviors in some children, teenagers, and young adults, especially within the first few months of treatment or when the dose is changed. Depression and other serious mental illnesses are themselves associated with an increase in the risk of suicide. Patients on antidepressants and their families or caregivers should watch for new or worsening depression symptoms, unusual changes in behavior, or thoughts of suicide. Such symptoms should be reported to the patient's healthcare professional right away, especially if they are severe or occur suddenly. ABILIFY is not approved for use in pediatric patients with depression.

Serious side effects can occur with any antipsychotic medicine, including ABILIFY. Tell your healthcare professional right away if you have any conditions or side effects, including the following:

Stroke or ministroke in elderly patients with dementia: An increased risk of stroke and

ministroke has been reported in clinical studies of elderly patients with dementia (for example, increased memory loss and inability to perform daily activities). ABILIFY (aripiprazole) is not approved for treating patients with dementia.

Neuroleptic malignant syndrome (NMS): Very high fever, rigid muscles, shaking, confusion, sweating, or increased heart rate and blood pressure may be signs of NMS, a rare but serious side effect that could be fatal.

Tardive dyskinesia (TD): Abnormal or uncontrollable movements of face, tongue, or other parts of body may be signs of a serious condition known as TD, which may be permanent.

High blood sugar and diabetes: Patients with diabetes and those having risk factors for diabetes (for example, obesity, family history of diabetes), as well as those with symptoms such as unexpected increases in thirst, urination, or hunger should have their blood sugar levels checked before and during treatment. Increases in blood sugar levels (hyperglycemia), in some cases serious and associated with coma or death, have been reported in patients taking ABILIFY, and medicines like it.

Orthostatic hypotension: Lightheadedness or faintness caused by a sudden change in heart rate and blood pressure when rising too quickly from a sitting or lying position (orthostatic hypotension) has been reported with ABILIFY.

Leukopenia, Neutropenia, and Agranulocytosis: Decreases in white blood cells (infection fighting cells) have been reported in some patients taking antipsychotic agents, including ABILIFY. Patients with a history of a significant decrease in white blood cell (WBC) count or who have experienced a low WBC due to drug therapy should have their blood tested and monitored during the first few months of therapy.

Suicidal thoughts: If you have suicidal thoughts, you should tell your healthcare professional right away.

Dysphagia: Medicines like ABILIFY have been associated with swallowing problems (dysphagia). If you had or have swallowing problems, you should tell your healthcare professional.

What should I talk to my healthcare provider about?

Patients and their families or caregivers should watch for new or worsening depression symptoms, unusual changes in behavior and thoughts of suicide, as well as for anxiety, agitation, panic attacks, difficulty sleeping, irritability, hostility, aggressiveness, impulsivity, restlessness, or extreme hyperactivity. Call your healthcare provider right away if you have thoughts of suicide or if any of these symptoms are severe or occur suddenly. Be especially observant within the first few months of antidepressant treatment or whenever there is a change in dose.

Tell your healthcare provider about any medical conditions you may have and all medicines that you are taking or plan to take, including prescription and over-the-counter medicines, vitamins, or herbal products.

Be sure to tell your healthcare provider:

- If you have suicidal thoughts
- If you have or have had a low white blood cell count (WBC)
- If you or anyone in your family have or had seizures
- If you or anyone in your family have or had high blood sugar or diabetes
- If you are pregnant, plan to become pregnant, or are breast-feeding

What should I avoid when taking ABILIFY?

- Avoid overheating and dehydration
- Avoid driving or operating hazardous machinery until you know how ABILIFY affects you
- Avoid drinking alcohol
- Avoid breast-feeding an infant

What are the possible side effects of ABILIFY (aripiprazole)?

Common side effects in adults include: nausea, vomiting, constipation, headache, dizziness, an inner sense of restlessness or need to move (akathisia), anxiety and insomnia. It is important to contact your healthcare professional if you experience prolonged, abnormal muscle spasm or contraction which may be signs of a condition called dystonia.

This is not a complete list of side effects. For full patient information, visit www.abilify.com. Talk to your healthcare professional if you have questions or develop any side effects.

What percentage of people stopped taking ABILIFY due to side effects?

In clinical trials, the percentage of adults who discontinued taking ABILIFY due to side effects was 6% and 2% for patients treated with sugar pill.

Can I safely take ABILIFY while I'm taking other medications?

ABILIFY can be taken with most drugs; however, taking ABILIFY with some medicines may require your healthcare professional to adjust the dosage of ABILIFY.

Some medicines* include:

- ketoconazole (NIZORAL®)
- quinidine (QUINIDEX®)
- fluoxetine (PROZAC®)
- paroxetine (PAXIL®)
- carbamazepine (TEGRETOL®)

It is important to tell your healthcare professional about all the medicines you're taking, just to be sure.

How should I take ABILIFY?

- Take ABILIFY exactly as directed by your healthcare professional
- ABILIFY is usually taken once a day and can be taken with or without food
- If you miss a dose, take it as soon as you remember. However, if it is time for your next dose, skip the missed dose and take only your regularly scheduled dose
- Talk to your healthcare professional before stopping ABILIFY or changing your dose

General advice about ABILIFY:

- ABILIFY should be kept out of the reach of children and pets
- Store ABILIFY Tablets and the Oral Solution at room temperature
- For patients who must limit their sugar intake, be aware that ABILIFY Oral Solution contains sugar
- For patients who cannot metabolize phenylalanine (those with phenylketonuria or PKU), ABILIFY DISCMELT® contains phenylalanine
- If you have additional questions, talk to your healthcare professional

Find out more about ABILIFY:

Additional information can be found at www.abilify.com

* NIZORAL is a registered trademark of Janssen Pharmaceutica; QUINIDEX is a registered trademark of Wyeth Pharmaceuticals; PROZAC is a registered trademark of Eli Lilly and Company; PAXIL is a registered trademark of GlaxoSmithKline; TEGRETOL is a registered trademark of Novartis Pharmaceuticals.

Based on Full Prescribing Information as of 11/09 1239550A7.

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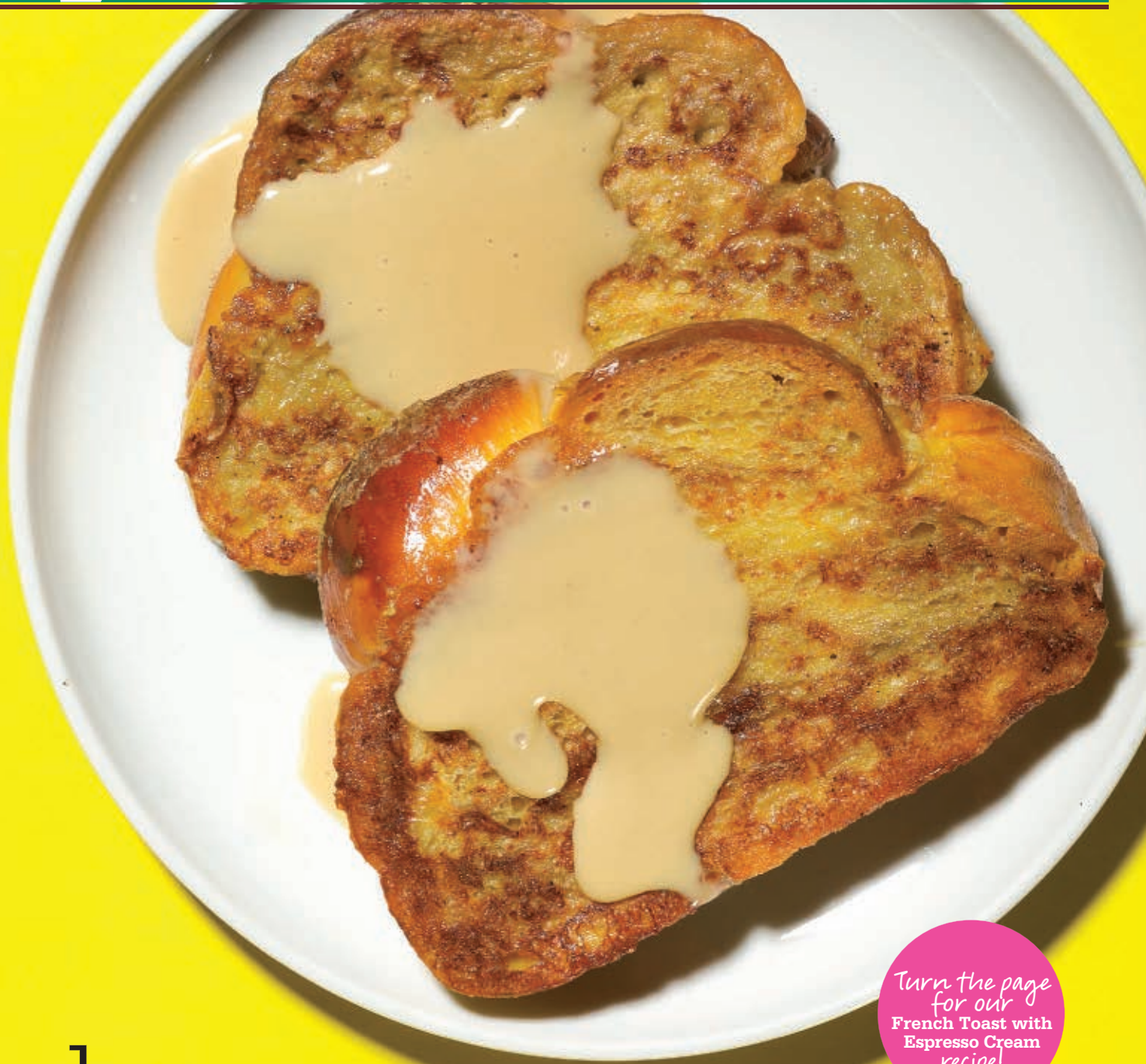
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yum your first taste of march



wake-up call

Who needs coffee when you can build a caffeine boost right into breakfast? To kick-start the morning, top our custardy french toast with a **creamy syrup spiked with espresso**.

It'll have the whole family leaping out of bed for a taste.

Turn the page
for our
French Toast with
Espresso Cream
recipe!



RECIPE BY STACY ADIMANDO | PHOTOGRAPH BY LUCAS ZAREBINSKI



Double shot!

We spiked the syrup *and* the toast with instant espresso!

French Toast with Espresso Cream

SERVES 4 PREP 15 MIN COOK 10 MIN

- 2 tablespoons instant espresso powder
- 1 cup sweetened condensed milk
- 4 eggs
- ¼ cup heavy cream
- ¼ teaspoon salt
- Eight ½-inch-thick slices challah bread
- 4 tablespoons unsalted butter

1. In a small bowl, whisk the espresso powder with ½ cup hot water. Reserve 2 tablespoons of the espresso liquid. Whisk the condensed milk into the remaining espresso liquid.
2. In a baking dish, whisk together the eggs, cream, salt and reserved espresso liquid. Add the bread slices to the dish and turn to coat.
3. In a large nonstick skillet or griddle, melt 2 tablespoons butter over medium heat. Add 4 slices bread and cook, turning once, until golden-brown, about 5 minutes. Repeat with the remaining 2 tablespoons butter and 4 slices bread. Serve warm, drizzled with the espresso cream.

tip If you can't find challah bread, a baguette will work. Just cut large slices on a bias.

trend we love supersize food halls

New York City restaurants aren't just for eating anymore! **Old-school, European-style food halls are of the moment**, and they're merging dining, shopping and cooking experiences.



italian mega-center



Mario Batali doesn't do anything small, but with NYC's **Eataly**, he may have even out-Batali'd himself—it takes up **more than 42,000 square feet (that's almost an entire block)**. Grab a hand cart: The shelves are stuffed with imported Italian specialties like fizzy prosecco and sodas; the best tomatoes, espresso and pastas; and butcher counters bursting with fresh, locally sourced cuts. Can't wait to sample? Pull up a seat: Eataly has four formal restaurants and more casual counters for snacking on cheeses, charcuterie, pizza, rotisserie meats and, of course, gelato. (200 Fifth Ave., eataly.com, 212-229-2560)

tech-decked eatery



Thanks to the high-tech ordering system at **FoodParc**—**you place your order at an electric kiosk, then get a text when it's ready for pickup**—everyone in your group can choose from dishes at a burger bar, brick-oven restaurant, coffee shop or dim sum bar, and dine together at one table. (Restaurateur Jeffrey Chodorow modeled the communal tables after the ones at European food halls.) After dining, patrons can chill out with a homemade milkshake, float or cocktail from the full bar. Spring visitors will be able to amble through the outdoor food-cart brigade, now in the works. (845 Sixth Ave., foodparc.com, 212-564-4567)

fine-dining wonderland



If you're visiting New York City, chances are you'll be making a pilgrimage to the Fifth Avenue shopping strip. Make the stores secondary to Todd English's **Plaza Food Hall**. Sample the chow cafeteria-style: Asian dumplings, made-to-order carved meat sandwiches, wood-fire pizza, homemade chocolates and more can be ordered at eight separate food counters. Then hit the market for **cocoas, coffees and olive oils (some are pressed on-site from fresh olives!)**, or the demo kitchen to take a class or soak up tips from English's talented kitchen staff. (1 W. 59th St., theplazafoodhall.com)

pastry paradise



Forget what you know about pastry shops. In Brooklyn's über-stylish **Choice Kitchens & Bakery**, quick-service stations inspired by European road stops serve it all: house-made charcuterie, Mediterranean dishes, a full vegan menu, wine and cheese tastings and handmade treats. **The architecture is as drool-worthy as the food.** Blissfully consume your meal surrounded by the hand-blown light fixtures, chic concrete rooms and stone-clad counters that scored this place a nomination for a James Beard design award. (108 Jay St., Brooklyn, choicekitchens.com) —KAREN CATCHPOLE

more halls across the country

1. **California Market Hall:** This open-air market features an outdoor fire pit, bocce ball court and seasonal pumpkin patch. (400 San Pablo Ave., Hercules)
2. **Illinois Todd English's** upcoming food hall will be a Chicago rendition of his booming NYC original—but twice the size. (address TBD)
3. **Virginia Society Fair:** Open till midnight, this soon-to-debut hall will house a bakery, butchery and wine bar. (277 S. Washington St., Alexandria)



your office can look like this!

When the magazine staff moved to a new building, we vowed not to bring our old desk woes with us. **We turned to Rach's design buddy, Evette Rios, for easy ways to help perk up our work spaces.**

"How can I have a more stylish space in general?"

—Gina Hamadey, senior editor

evette says A few bright accessories from home can do wonders. Pick ones that are easy to bring in, like a **small rug or a swatch of wallpaper** to hang over one wall (just tack it up with pins or stick-on Velcro).

"Where can I store my snacks so they're away from my work papers?"

—Allyson Dickman, editorial assistant

evette says Make use of vertical real estate and **tack them up on a corkboard** or pin-friendly wall. If you'd rather keep munchies for your eyes only, tuck them into an organizing tray in your desk drawer.

"I hate the harsh task lighting at my desk. Any ideas?"

—Diane Dragan, online executive editor

evette says Bring in a **decorative lamp with a soft bulb**—it'll cozy up the area instantly. If it's too bulky for your commute, tote in the base and shade on separate days.

"I'm afraid that if I use my file folders, I'll forget what I've filed away. How can I keep papers handy without creating clutter?"

—Nicole Cherie Jones, assistant food editor

evette says My favorite trick is twisting them into a **tabletop wine rack**. Gently roll up papers and slide them in the slots. You can even label the slots ("to do," "invoices," etc.) to remind you what goes where.

"I can't stand staring at my computer cords! Help!"

—Mai Hoang DeVore, research chief

evette says Hide them from sight with something colorful and cute. Gather the cords together, then **tie thick ribbons or pieces of fabric around the bunch**. It'll help keep them from tangling, too.

what you need
to know about...

grass-fed beef

You may have heard that a growing number of ranchers are letting their livestock graze out in the fields, rather than feed on fattening grain, corn or soy. How nice for those roaming cows, but why should any of us care—and plop down more money to keep up their lifestyle? According to Jo Robinson, founder of eatwild.com, a site that links shoppers to grass-based meat sources, the grass-fed variety is worth every penny **because it's better for...**

...you

Pasture-raised beef has more than **twice the amount of omega-3 fatty acids and higher levels of vitamin E** than meat from grain-fed animals, as well as less fat and fewer calories naturally. It also has a stronger, beefier flavor.

...the animal

Since grass is a cow's native diet, the animals who get to graze on it full-time live **low-stress, healthy lives**—so there's no reason to treat them with antibiotics or other drugs, as with some conventionally raised meats.

...the farmers

Cows can yield around 100 pounds of hamburger meat each. Although the grass-fed variety is top-quality, "it's hard [for farmers] to sell all that hamburger meat without an outlet like McDonald's," Robinson says. **By buying it, you're helping sustain and support small farms.**

...this recipe

Admittedly, some grass-fed steaks can be drier and chewier than their grain-fed counterparts. **Grinding helps to tenderize the meat**, and so does steady, low-heat cooking, Robinson says. The cream in this recipe helps moisten it, too.

Spaghetti with Lemony Grass-Fed Meat Sauce

SERVES 6 PREP 15 MIN COOK 55 MIN

- 2½ tablespoons butter
- 2 leeks, green parts discarded and white parts thinly sliced crosswise (about 1 cup)
- Salt and pepper
- 1½ pounds ground grass-fed beef
- ½ cup robust red wine, such as cabernet
- 1½ cups chicken broth
- Peel of 1 large lemon, cut into 2-inch strips with a vegetable peeler, then finely sliced into long shreds (about ¼ cup)
- 1 cup heavy cream
- ½ cup chopped fresh mint
- 1 pound spaghetti, cooked

1. In a large saucepan or dutch oven, melt the butter over medium-high heat. Add the leeks, season with salt and cook until soft, about 5 minutes. Add the beef and season with salt and pepper. Cook, breaking up the meat with a wooden spoon, until no pink remains, about 8 minutes.
 2. Add the wine and cook until mostly reduced, about 5 minutes. Stir in the chicken broth and lemon peel and bring to a simmer. Cover and cook over low heat until the meat is tender, 20 to 25 minutes.
 3. Stir in the cream and return to a simmer over medium heat. Cook until the sauce is thickened, 10 to 12 minutes. Stir in ¼ cup mint.
 4. Divide the spaghetti, sauce and the remaining mint among 6 bowls.
- STACY ADIMANDO



nibble on this
Serving fish with a lemon wedge is a trend that started in the Middle Ages, when folks hoped a few squirts of the high-acid juice would help digest any bones mistakenly swallowed. (It tasted good, too!)



A DESIGN IDEA WE'RE OBSESSED WITH

Turn your table into a work of art by using your favorite photo frames in a new way! Fine-art framer Eli Wilner's crafty plan: Collect four frames or shadow boxes in similar sizes and square them up (facing outward) on the table. If needed, place double-stick tape along the edges to make the structure more stable. Add flowers or plants in the center for parties.



turn up the style!

Fill the frames with funky photos to match.

THE SECOND HELPING. IT'S HOW YOUR FAMILY SAYS "THANKS, MOM!"



Italian Sausage Rigatoni

- 1 pkg. (19.76 oz.) Johnsonville® Italian Mild Sausage Links, grilled and coin-sliced
- 1 pkg. rigatoni pasta
- 3 tbsp. olive oil
- 2 cloves garlic, minced
- 1 large red pepper, chunked and sautéed
- 1 jar (26 oz.) of your favorite pasta sauce
- 2 tbsp. parsley, chopped

Cook sausage according to package directions, keep warm. Cook the rigatoni according to directions, keep warm. In a large pan, place olive oil and garlic, sauté lightly for 30 seconds. Add peppers and cook until crisp-tender. Combine cooked sausage and pasta sauce with peppers and heat until warm. Mix with the pasta or serve separately. Top with fresh parsley. Serve warm.

More great recipes and savings at johnsonville.com



My Inspiration:

New Café Latte

Quinn Lewis



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can you judge a wine by its label?

In a nutshell, yes! Taking **a closer look at the details** may help score you a better-tasting bottle.

look for alcohol level

A peek at this percentage **will tip you off to how heavy the wine will feel in your mouth**. Ten percent should feel similar to water; 12 to 13 percent can feel like skim milk; and 15 percent or higher will have the body of whole milk.

ignore fancy artwork

Stickers that feature beautiful vineyards or estates are trying to get a point across—this bottle means business—but **the wines might not live up to the imagery**. Find out more before committing.

ignore cute critters

Animal labels are **trying to appeal to casual wine drinkers**. But just because the label is approachable doesn't mean that the wine's taste will be. Don't be swayed.

look for "ancient"

Spotting this or "old vines" on a label **may mean that the grapevines are decades old**, says Mark Oldman, wine guru and author of *Oldman's Brave New World of Wine*. These tend to produce fewer grapes and concentrated juice, so the bottles may have stronger flavors.



does bottle shape matter?

You betcha! Traditionally, certain bottle shapes hold specific wine styles, especially when it comes to European wines, Oldman says. Although some New World winemakers are bucking this trend, if you're buying from established brands, here's what you can tell:

- 1. TALL, NARROW** contain mostly crisp wines, such as German or Alsatian whites.
- 2. SLOPE-SHOULDERED** are typical to subtler wines like pinot noir, chardonnay or syrah.
- 3. HIGH-SHOULDERED** most likely hold heavier reds and lighter whites, like sauvignon blanc.

ignore phantom grape types

If you don't see any recognizable words like "merlot" or "chardonnay," that doesn't mean the wine isn't one. Wines from Europe—the so-called Old World—are often **labeled by origin rather than grape style**. Ask the clerk for help.

look for flavor clues

The back label is often full of hints to the wine's taste, so make sure you turn the bottle over, Oldman says. Descriptors like "vanilla," "butterscotch," "caramel," "smoke" and "nutmeg" indicate that it has a woodier taste. Words like "zesty," "racy" and "tangy" suggest a fresher, brighter style.

—GRETCHEN ROBERTS





THE COOKING TECHNIQUE THAT GIVES YOU GREAT SKIN

You've heard of steaming vegetables, right? Well, Rach's buddy **Gretta Monahan** says the same method that's good for retaining nutrients in your broccoli works wonders for your skin, too: "Steaming is a quick way to wake up a winter complexion and help deep-cleanse pores."

here's how to do it

Soak two clean hand towels in hot (not scalding) water. Drape one over each side of your face in a "c" shape and hold for 5 to 10 minutes. Pat dry, then follow with your usual cleansing routine.

3 more ways to give skin a glow

1

exfoliate

Our skin naturally sheds cells, and they can pile up on the surface of your face, causing blemishes and a dull look. To sweep away that buildup: A few times a week, rub damp skin in a circular motion with a gentle fine-grain exfoliator. When you want deep exfoliation, do it longer, not harder.

2

go oil-free

Daily moisturizing helps give you smooth, balanced skin, but excess oil can block pores and encourage blackheads. Stick to formulas like gels, serums, or lighter lotions with moisturizing ingredients like hyaluronic acid or aloe, instead of oil.

3

use a face primer

These clear, matte, lightweight formulas form a film that settles over pores and wrinkles, giving skin a smooth appearance. They also help buffer skin from cosmetics and dirt. Use one after applying your moisturizer but before putting on your makeup.

—STEPHANIE TWEITO JACOB

great moments in oatmeal cookie history

A glimpse into the unlikely beginnings of an **American dessert icon**

nibble on this
An easy way to spot organically grown fruits and veggies in the supermarket: **Check the produce sticker.** The five-digit code will start with a 9.

1896
 The cookie's blander cousins, Scottish oatcakes, are officially outdone when Fannie Merritt Farmer (maybe America's first-ever foodie!) introduces the recipe for a sweeter, buttery oatmeal cookie in the *Boston Cooking-School Cook Book*.

1908
 Quaker Oats starts printing a recipe for the emerging American version on its oats packaging.

1930
 Creating a permanent place for sweets in the home, Ohio's Brush Pottery Company sells the first lidded ceramic jars that read "Cookies."

1989
 Drooling moviegoers gawk as the miniature teens in *Honey, I Shrunk the Kids* stumble upon a larger-than-life oatmeal cookie sandwich in their yard.

1960
 Sweets revolutionary O.D. McKee sandwiches frosting with soft oatmeal cookies. The Little Debbie Oatmeal Creme Pie is born.

1992
 Hillary Clinton wins *Family Circle's* first bake-off for presidential candidates' spouses with her chocolate chip-oatmeal cookies.

1993
 Girl Scouts of America introduce iced oatmeal-raisin cookies. Neighbors everywhere rejoice.

2007
 The snack boldly goes where no cookie has gone before: Canadian astronaut Dave Williams takes oatmeal biscuits (dubbed "Canasnacks") to space.

2003
 Mixologists toast to dessert—literally! *The Joy of Mixology* introduces the *Oatmeal Cookie Cocktail*: ½ ounce cinnamon schnapps mixed with 1 ounce each Baileys Irish Cream, butterscotch schnapps and Jägermeister, and garnished with raisins.

2009
 Though he skips the "I ♥ Oatmeal Cookies" T-shirt, NYC mayor Michael Bloomberg helps bake a batch on *The Martha Stewart Show*.

2010
 We publish our most divine Oatmeal Raisin Cookie recipe to date! Get it at rachaelaymag.com/march.
—LIZ PEARSON



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No matter who you're rooting for in the NCAA basketball tourney, these can't-eat-just-one **milk chocolate candies** will be a crowd favorite on game day! **\$7 for 2 pounds** blaircandy.com



Sweet Chilli Jam

Hmm...can't decide between a sweet or a spicy snack? Satisfy both of your cravings with a smear of **Nudo's organic jam**, made with a yummy blend of spicy peppers, ripe apples and tart lemons. It's a great topper for salty cheeses, too. **\$11** nudo-italia.com



Lavender Sachets

Toss a pup-shaped **scented sachet** inside a drawer to repel moths and keep clothes and linens smelling fresh. **\$19** joniuimanlewis.com



Sparkling Fruit Soda

You won't find sugary syrups or high-fructose anything in **Spindrift sodas**—they're made only from fresh-squeezed juices! Choose from four delish flavors: grapefruit, blackberry, lemonade and orange-mango. **\$3 each** spindriftsoda.com



Windproof Umbrella

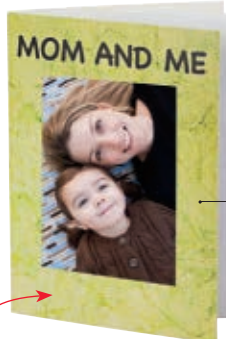
A **Jonathan Adler umbrella** can withstand even the strongest gusts and adds a pop of color to gray, rainy days. **\$25** barnesandnoble.com



Gorilla Wallet

This **Mighty Wallet** may look paper-thin, but it's made with the same superstrong materials used for express-mail envelopes—making it completely water- and rip-resistant. **\$15** mightywallets.com

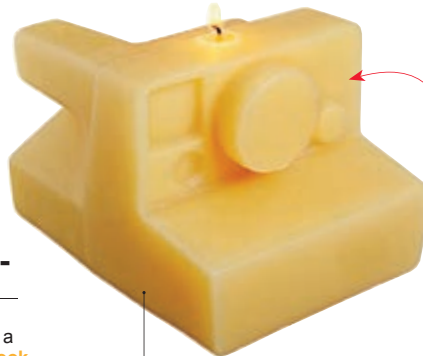
Enter to win this at **win it!** rachaelraymag.com/march



Make-Your-Own Book

Melt Mom's or Dad's heart with a **personalized book**. Just pick a photo for the cover, then fill each page with your favorite family memories. Voilà: instant keepsake! **\$6** sobocards.com/rachael

You don't need a special occasion to show someone how much you love them!



Camera Candle

The beeswax **instant camera candle** gives off a natural honey scent but has an unnaturally long burn time—40 hours! **\$38** shoptwine.com

Photography is my new hobby, so I'll be keeping this guy on my coffee table for inspiration!

Strawberry Lip Set

These **lip balms** not only taste like chocolate-covered strawberries, but they're also jam-packed with nourishing vitamin E. **\$12 for 3** fredflare.com



EVERY DAY faves head to toe

Tangerine Lipstick

Hovering between pink and orange, **Benefit's Full-Finish lipstick in Saucy** goes on with a creamy coral sheen. The warm neutral is a great everyday color that's flattering for fair to medium skin tones. **\$18** benefitcosmetics.com



SPF 100+ Face Moisturizer

When it comes to sun protection, **Borba's Age Defying Super Crème Day Moisturizer with SPF 100+** is the cream of the crop. Packed with açai berry and vitamins A and E, the formula is light, nongreasy and smells great, too! **\$20** walgreens.com



Vitamin Tonics

The secret to improving your concentration, growing stronger nails or sleeping better at night may be found in a bottle. Just spritz a little **Sprayology tonic**, a homeopathic vitamin spray, under your tongue to tackle life's little problems. **\$22 and up** sprayology.com



Three-Tone Blush Palette

Don't worry about going overboard on pink! The **Stila Make Me Blush compact** is embedded with highlighting coral and gold shades, so you pick up a perfect sweep of cheek color every time. **\$14** stilacosmetics.com

It's like a spa treatment for your head!

Antioxidant Shampoo and Conditioner

You'll feel the difference after just one wash! Hair stylist **Janet Waddell's shampoo and conditioner**, made with emu oil and aloe vera, leaves hair silky and smooth. **\$24 each** janetwaddell.com



Oil-Free Liquid Foundation

Save the cake for dessert! **Too Faced Amazing Face foundation** evens your skin tone and hides imperfections, but looks like your natural skin—not makeup—when you wear it. **\$36** toofaced.com



Shower Cap

Want to hang on to that blowout for another day? First step: Toss the flimsy plastic shower cap (moisture and steam can accumulate underneath) and try a **Spa Sister Bouffant shower cap** instead—it keeps tresses tucked away and dry. **\$8** beautyencounter.com



Brow Tool Kit

Plucking is only half the battle! The **Chella brow kit** contains the must-have tools to create an ideal arch: trimming scissors, easy-to-grip tweezers, razor/brush combo and a shaping guide. **\$40** chella.com






ask me

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MEET MARY JO MATTOS from Hackettstown, New Jersey. She's one of the lucky winners of the Aussie Easy Solutions for Everyday Women contest. We brought Mary Jo to New York City to solve her hair challenge with an Aussie hair makeover and some tips from Aussie celebrity stylist Sarah Potempa.



Sarah Potempa



Before



After

The Challenge

"I have super fine hair. I just had a perm to get more body. How can I help protect it and style it for more volume?"

—Mary Jo Mattos

Sarah's easy recipe for gorgeous hair

INGREDIENTS:

1" curling iron, **Aussie Products**

DIRECTIONS:

- To help style hair and condition at the same time, use multi-benefit products like **Aussie Catch the Wave Mousse + Leave-In Conditioner**. This helps protect during styling while still building volume.
- Spritz hair with some **Aussie Opposites Attract Spray Gel**. This will hold your style while leaving hair soft.
- Set hair with a 1" curling iron. With the clamp closed, wrap 2" sections of hair in a spiral motion down the iron and away from the face.



More easy, everyday tips for real women

Here are some ideas to keep the rest of you looking as young and healthy as your new hairstyle.

MOISTURIZE, MOISTURIZE, MOISTURIZE

Moisturizers help keep your skin hydrated, soft and supple, working as a protective sealant against daily wear and tear. Remember to moisturize not only your face but also your hands, body and hair.

PROTECT YOURSELF

Always use sunscreen, even when the temperature drops. The sun thickens outer layers of skin, making them less pliable. It can also cause age spots, so be sure to protect yourself.

GET YOUR SHUT-EYE

During sleep our bodies are repairing themselves from all the damage we bestow upon them. So ward off bags under your eyes and keep yourself physically, mentally and emotionally in shape with a good night's sleep.

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Add Some Roo To Your Do.™

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EVERY DAY faves style

Men's Lace-Up Boots

These **Barrington combat boots** were made for walking—seriously! The thick rubber soles (with deep grooves) improve stability and traction, and the side zippers create a comfy fit. **\$140** guess.com



Floral Dress and Leather Belt

Create an instant hourglass figure: Just cinch a loosely draped dress, like the **Jovovich-Hawk for Target Spring Multicolor dress** (**\$40** target.com), with a **Lauren by Ralph Lauren Contour leather belt** (**\$74** bloomingdales.com).

Beaded Chandelier-Style Earrings

Accentuate the positive! These dangling **Aura beaded earrings** will frame (and visually slim) your face. **\$135** jodysingleton.com



I wear these earrings with my favorite little black dress!



I love the Cringe's cymbal-monkey logo. My nickname for John is "monkey"!

Enter to win this at **win it!** reelreelraymag.com/march

The Cringe T-Shirt

Whether rocking out at a concert or running errands on Sunday afternoon, I'll be wearing my **The Cringe T-shirt** every chance I get. (And I'd be a die-hard fan even if my husband, John, wasn't the lead singer of the band!) **\$20** thecringe.com

Market Tote

Roomy enough to carry groceries or books, the **Kashmir tote** is made entirely of organic cotton and nontoxic, soy-based ink. **\$130** hammocksandhightea.com



Turquoise Bracelet

Dressed up or dressed down, a hand-wrapped **Stella & Dot Tulum turquoise bead-and-leather-cord bracelet** is a go-to accessory. Bonus: The button closure fits wrists of all sizes. **\$54** stelladot.com



Men's Fedora

Scratching your head to find the right gift for your guy? A chocolate brown **Bailey of Hollywood Crosby fedora** with a dapper feather detail will be the perfect addition to his weekend wardrobe. **\$90** 631-288-5830



Girls' Denim Shirt and Skort

She'll be the cutest cowgirl on the playground in a **denim button-down shirt** (**\$17**) and **floral denim skort** (**\$20**). childrensplace.com



FOR TYPE 2 DIABETES

**No Matter How
Hard You Try,
Your Blood
Sugar Numbers
Can Still Be
Too High.**

Ask your Doctor if adding Onglyza can help you.

When you need extra help, one option is Onglyza, a prescription medicine used along with diet and exercise to control high blood sugar in adults with type 2 diabetes. Onglyza can be used with one of several common oral diabetes medicines.* Your results may vary. Onglyza should not be used to treat type 1 diabetes or diabetic ketoacidosis (dangerously high levels of certain acids, known as ketones, in the blood or urine). Tell your doctor if you have a history or risk of diabetic ketoacidosis. Onglyza has not been studied with insulin.

May reduce spikes after you eat.

Onglyza may help reduce after-meal blood sugar spikes that can cause higher blood sugar levels. Onglyza may also help lower high morning blood sugar and A1C (the test done by your doctor every three months). Most people taking Onglyza did not experience hypoglycemia (very low blood sugar); however, it may occur, particularly when taken with another diabetes medicine, such as a sulfonylurea.



Important Safety Information.

When ONGLYZA is used with certain other diabetes medicines to treat high blood sugar, such as a sulfonylurea, hypoglycemia (low blood sugar) may occur. Symptoms of low blood sugar include shaking, hunger, sweating, headache, rapid heartbeat, change in mood, and change in vision. Follow your healthcare provider's instructions for treating low blood sugar.

If you have hypersensitivity (allergic) reactions such as rash, hives, and swelling of the face, lips, and throat, stop taking ONGLYZA and call your healthcare provider right away.

When ONGLYZA is used with a thiazolidinedione (TZD), such as pioglitazone or rosiglitazone, to treat high blood sugar, peripheral edema (fluid retention) may become worse. If you have symptoms of peripheral edema, such as swelling of hands, feet, or ankles, call your healthcare provider.

The most common side effects with ONGLYZA include upper respiratory tract infection, urinary tract infection, and

headache. Your healthcare provider should test your blood to measure how well your kidneys work. You may need a lower dose of ONGLYZA if your kidneys are not working well.

Tell your healthcare provider if you start or stop taking other medications, including antibiotics, antifungals or HIV/AIDS medications, as your healthcare provider may need to change your dose of ONGLYZA.

Tell your healthcare provider if you are pregnant or breast-feeding, or plan to become pregnant or breast-feed.

Please read the Important Patient Information about Onglyza on the following page and discuss it with your healthcare provider.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch or call 1-800-FDA-1088.

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*Metformin, a sulfonylurea or a TZD.



PATIENT INFORMATION
ONGLYZA (on-GLY-zah)
(saxagliptin)
tablets

Rx ONLY

ONGLYZA™ (saxagliptin)

Read the Patient Information that comes with ONGLYZA before you start taking it and each time you get a refill. There may be new information. This patient leaflet does not take the place of talking with your healthcare provider about your medical condition or treatment.

What is ONGLYZA (saxagliptin)?

ONGLYZA is a prescription medicine used with diet and exercise to control high blood sugar (hyperglycemia) in adults with type 2 diabetes.

ONGLYZA lowers blood sugar by helping the body increase the level of insulin after meals.

ONGLYZA is unlikely to cause your blood sugar to be lowered to a dangerous level (hypoglycemia) because it does not work well when your blood sugar is low.

ONGLYZA has not been studied in children younger than 18 years old.

What should I tell my healthcare provider before taking ONGLYZA?

Before you take ONGLYZA, tell your healthcare provider about all of your medical conditions, including if you:

- have type 1 diabetes. ONGLYZA should not be used to treat people with type 1 diabetes.
- have a history or risk for diabetic ketoacidosis (high levels of certain acids, known as ketones, in the blood or urine). ONGLYZA should not be used for the treatment of diabetic ketoacidosis.
- have kidney problems.
- are taking insulin. ONGLYZA has not been studied with insulin.
- are pregnant or plan to become pregnant. It is not known if ONGLYZA will harm your unborn baby. If you are pregnant, talk with your healthcare provider about the best way to control your blood sugar while you are pregnant.
- are breast-feeding or plan to breast-feed. ONGLYZA may be passed in your milk to your baby. Talk with your healthcare provider about the best way to feed your baby while you take ONGLYZA.

Tell your healthcare provider about all the medicines you take, including prescription and nonprescription medicines, vitamins, and herbal supplements. Know the medicines you take. Keep a list of your medicines and show it to your healthcare provider and pharmacist when you get a new medicine.

ONGLYZA may affect the way other medicines work, and other medicines may affect how ONGLYZA works. Contact your healthcare provider if you will be starting or stopping certain other types of medications, such as antibiotics, or medicines that treat fungus or HIV/AIDS, because your dose of ONGLYZA might need to be changed.

How should I take ONGLYZA?

- Take ONGLYZA by mouth one time each day exactly as directed by your healthcare provider. Do not change your dose without talking to your healthcare provider.
- ONGLYZA can be taken with or without food.
- During periods of stress on the body, such as:
 - fever
 - infection
 - trauma
 - surgeryContact your healthcare provider right away as your medication needs may change.
- Your healthcare provider should test your blood to measure how well your kidneys work. You may need a lower dose of ONGLYZA if your kidneys are not working well.
- Your healthcare provider may prescribe ONGLYZA along with other medicines that lower blood sugar.
- Follow your healthcare provider's instructions for treating blood sugar that is too low (hypoglycemia). Talk to your healthcare provider if low blood sugar is a problem for you.
- If you miss a dose of ONGLYZA, take it as soon as you remember. If it is almost time for your next dose, skip the missed dose. Just take the next dose at your regular time. Do not take two doses at the same time unless your healthcare provider tells you to do so. Talk to your healthcare provider if you have questions about a missed dose.

- If you take too much ONGLYZA, call your healthcare provider or Poison Control Center at 1-800-222-1222, or go to the nearest hospital emergency room right away.

What are the possible side effects of ONGLYZA?

Common side effects of ONGLYZA include:

- upper respiratory tract infection
- urinary tract infection
- headache

Low blood sugar (hypoglycemia) may become worse in people who already take another medication to treat diabetes, such as sulfonylureas. Tell your healthcare provider if you take other diabetes medicines. If you have symptoms of low blood sugar, you should check your blood sugar and treat if low, then call your healthcare provider. Symptoms of low blood sugar include:

- shaking
- rapid heartbeat
- hunger
- headache
- sweating
- change in vision
- change in mood

Swelling or fluid retention in your hands, feet, or ankles (peripheral edema) may become worse in people who also take a thiazolidinedione to treat diabetes. If you do not know whether you are already on this type of medication, ask your healthcare provider.

Allergic (hypersensitivity) reactions, such as rash, hives, and swelling of the face, lips, and throat. If you have these symptoms, stop taking ONGLYZA and call your healthcare provider right away.

These are not all of the possible side effects of ONGLYZA. Tell your healthcare provider if you have any side effects that bother you or that do not go away. For more information, ask your healthcare provider.

Call your healthcare provider for medical advice about side effects. You may report side effects to the FDA at 1-800-FDA-1088.

How should I store ONGLYZA?

Store ONGLYZA between 68° to 77°F (20° to 25°C).

Keep ONGLYZA and all medicines out of the reach of children.

General information about the use of ONGLYZA

Medicines are sometimes prescribed for conditions that are not mentioned in patient leaflets. Do not use ONGLYZA for a condition for which it was not prescribed. Do not give ONGLYZA to other people, even if they have the same symptoms you have. It may harm them.

This patient leaflet summarizes the most important information about ONGLYZA. If you would like to know more information about ONGLYZA, talk with your healthcare provider. You can ask your healthcare provider for additional information about ONGLYZA that is written for healthcare professionals. For more information, go to www.ONGLYZA.com or call 1-800-ONGLYZA.

What are the ingredients of ONGLYZA?

Active ingredient: saxagliptin

Inactive ingredients: lactose monohydrate, microcrystalline cellulose, croscarmellose sodium, and magnesium stearate. In addition, the film coating contains the following inactive ingredients: polyvinyl alcohol, polyethylene glycol, titanium dioxide, talc, and iron oxides.

What is type 2 diabetes?

Type 2 diabetes is a condition in which your body does not make enough insulin, and the insulin that your body produces does not work as well as it should. Your body can also make too much sugar. When this happens, sugar (glucose) builds up in the blood. This can lead to serious medical problems. The main goal of treating diabetes is to lower your blood sugar to a normal level.

High blood sugar can be lowered by diet and exercise, and by certain medicines when necessary.

ONGLYZA (saxagliptin) tablets

Manufactured by:



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Princeton, NJ 08543 USA

Marketed by:

Bristol-Myers Squibb Company
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and
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EVERY DAY faves home



Appetizer Serving Set

Small bites, olives and cheeses will look even more special when served with **handcrafted wooden utensils** with batik bone handles. **\$17 for 3** overstock.com



Green Cleaners

Mrs. Meyer's **Clean Day basil room freshener** and **lavender bathroom cleaner** are made with essential oils, so they naturally refresh the bathroom and leave a light scent behind. **\$4 and up** at Target stores



Leather Chair

Is your living room swimming in a sea of beige? Add a shot of color to the mix with an **orange tufted leather chair**. With its cushy seat and gently sloped back, it may become the most popular resting spot in the house! **\$130** at HomeGoods stores

Carry-All Laundry Bag

Call it wishful thinking, but personalizing a **collapsible canvas hamper** with your kids' names may motivate them to do their own laundry! **\$25 and up** thecompanystore.com



Mission House Numbers

These cool **number plates** just might bring more friends and packages to your door. The oil-rubbed cast-zinc digits can stand up to the elements (no rusting!) and mount on any surface. **\$13 each** rejuvenation.com



Chalkboard Fork

Hang this poster-size **utensil board** (12" x 38") on your kitchen wall and you'll never misplace shopping lists and phone messages again. **\$40** at Pier 1 Imports stores



Coil Lamp

Here's a bright idea: Twist this **LED lamp** into any shape you want (or wind it around a headboard or bulletin board for instant task lighting), then pull back its lid to turn it on. Pick from red, orange, green and blue. **\$10** mxyplyzyk.com

Metallic Pouf

A **Nate Berkus gold ottoman** is a shining standout! Use it for extra seating or as a footstool—or place a tray on top and turn it into a serving table at your next party. **\$100** hsn.com





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SMART MOM

New *Pebbles Treats*:
The colorful marshmallowy
snack that gives kids
6 essential vitamins
and only 90 calories.



pebblesplay.com/treats

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New *Pebbles Treats*:
The colorful marshmallowy
snack that gives
kids the rockin' taste
of *Pebbles*!

COOL MOM

how-to

This month's helping of
information and inspiration

Family Movie Night

On a chilly evening, nothing beats cuddling on the couch and watching a flick while sharing copious amounts of popcorn. With these ideas, you can **turn the night into a special occasion** that everyone will remember. BY BESHA RODELL

Let the show begin!

4 ways to play up the fun

Add a touch of Hollywood glamour with this game plan.

create buzz

Midweek, choose the movie as a group, or take turns allowing a different family member to pick. **Once the selection's made, write a "press release," then print and distribute it in lunchboxes or on bedroom doors.** Drum up enthusiasm with wording like: "This week only, catch *The Incredibles*! Exclusive engagement in the Robinsons' living room at 6 p.m.!" Add pictures and quotes from critics, too. Also check out the movie's website—many have printable activities for younger kids (such as coloring pages).

set up a screening room

On movie night, encourage a dramatic "red carpet" entrance: Dress can be themed costumes, fancy attire or your favorite pj's. **Set up a box office at the "entrance," and have one member of your clan give out tickets while another shows people to seats.** Want to achieve that larger-than-life feel without a real silver screen? The **Torpedo Entertainment Digital Movie Game Projector** (\$70, amazon.com) plugs right into your DVD player and has a 6-foot diagonal projection. Play the movie on a wall (covered with a white sheet to conceal any artwork). Just make sure the room can go dark—nothing dampens the vibe like a neighbor's porch light in the window.

theme your snacks

Cook a movie-themed dinner (see "Movie-Worthy Meals," page 45), and buy an assortment of traditional theater candies—or, if you're feeling ambitious, make your own. **Anita Chu's cookbook *Field Guide to Candy*** (\$11, amazon.com) includes dead ringers for Milk Duds and Junior Mints. **Give your kids fake money to use at the "concession stand."** They'll learn about budgeting, and they won't overdo it on sugar during the show.

review the show

Keep the kids engaged after the credits roll. **Have everyone rate the film using the five-star system or the simpler thumbs-up/thumbs-down approach.** Then talk to your kids about the movie: What were their favorite parts? What did the characters do when a conflict arose, and why? Would your kids do the same thing in that situation, or would they react differently?

web No movie night would be complete without popcorn. See our Taste Test-approved popcorn picks at rachaelraymag.com/march. (You'll find more candy recipes there, too!)





RECIPE BY VIVIAN JAO. RECIPE PHOTO BY LUCAS ZAREBINSKI. FOOD STYLING BY LIZA JERNOW. PROP STYLING BY SARA WACKSMAN.

on the menu

Ratatouille Pizzas

SERVES 4 PREP 30 MIN BAKE 20 MIN

- 3 tablespoons extra-virgin olive oil
- ½ small eggplant, chopped
- Salt and pepper
- ½ orange bell pepper, chopped
- 1 pint grape tomatoes
- 3 cloves garlic
- 2 teaspoons fresh thyme leaves
- ½ zucchini, quartered lengthwise and cut crosswise ½ inch thick
- 1 pound refrigerated pizza dough, cut into quarters
- 1¼ cups shredded mozzarella cheese

1. Place an inverted baking sheet on a rack in the lower third of the oven and preheat to 500°. Place a second inverted baking sheet on a work surface and cover with parchment.
2. In a nonstick skillet, heat 2 tablespoons olive oil over medium heat. Add the eggplant, season with salt and cook, stirring occasionally, until tender, about 10 minutes; transfer to a bowl. Add 1 teaspoon olive oil and the bell pepper to the skillet and cook until crisp-tender; add to the eggplant.
3. Meanwhile, using a food processor, puree three-quarters of the tomatoes, the garlic and thyme; season with salt and pepper. Transfer to the nonstick skillet and simmer over medium heat until reduced to about ½ cup, about 5 minutes. Halve the remaining tomatoes and place in a bowl. Add the zucchini and remaining 2 teaspoons olive oil; season with salt and pepper and toss to coat.
4. Stretch the pizza dough into 4 rectangles sized to fit the parchment, leaving a little space between each rectangle. Top with the cheese, tomato sauce and vegetables. Transfer the pizzas on the parchment to the preheated baking sheet in the oven. Bake until golden and crisp, 15 to 20 minutes.

movie-worthy meals

Serve a dinner that's inspired by the film!

If you're watching... Ratatouille

→ **Have...**our pizzas topped with the classic dish's star ingredients (see left).

If you're watching... Alice in Wonderland

→ **Have...**a Mad Hatter's tea party, with sandwiches, picnic food, cupcakes that read "Eat Me," and beverages that read "Drink Me."

If you're watching... Cloudy with a Chance of Meatballs

→ **Have...**big bowls of spaghetti (extra meatballs!) and Jell-O—and time dessert to coincide with the raining Jell-O scene.

If you're watching... Snow White and the Seven Dwarfs

→ **Have...**apple slices—the nonpoisonous kind!—with peanut butter for snacking, or fresh-baked apple pie for dessert.

If you're watching... Duck Soup

→ **Have...**dare we suggest, soup and quackers?



A LITTLE HELP FROM OUR FRIENDS Tips provided by Carey Bryson, about.com's family TV and movie blogger.

surprising crowd-pleasers

Curt Holman, film critic for *Creative Loafing Atlanta*, suggests some under-the-radar gems your family will love.

animated appeal

These quirky films will fast become family faves.

The Secret of NIMH

This 1982 film adaptation of the Newbery Medal-winning book *Mrs. Frisby and the Rats of NIMH*—in which a mother field mouse partners with a clan of superintelligent rats to save her ill son—is a touch scary for very young children, but pure magic for older kids.

Spirited Away

Hayao Miyazaki's fantasy tale follows a passive, depressed little girl who finds her inner hero when trapped in a magical spa. (In Japanese with English subtitles.)

The Secret of Kells

In this 2010 Oscar nominee for Best Animated Feature Film, a ninth-century orphan goes on a quest to protect an illuminated manuscript from invading Vikings.



girl power

Some princess movies leave parents wanting stronger heroines, but these will impress and inspire.

Ella Enchanted

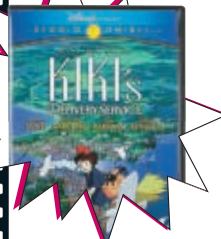
In this modern-day Cinderella story, Ella (Anne Hathaway) goes on a quest where she must use her intelligence and courage to end her “curse of obedience.”

Kiki's Delivery Service

A young witch starts her first year as an apprentice and learns to believe in herself in this never-clichéd coming-of-age film. (In Japanese with English subtitles.)

The Secret of Roan Inish

When a 10-year-old girl goes to live with her grandparents in an Irish fishing village, she slowly uncovers the secrets behind a slew of family legends.



cult classics

These films will appeal to your family's love of the absurd.



The 5,000 Fingers of Dr. T

This live-action comedy about a dictatorial music teacher was written by Dr. Seuss—and there's Seussian design to match.



A Town Called Panic

This claymation-style film stars Cowboy, Indian and Horse, who live together and have increasingly surreal adventures. (In French with English subtitles.)



Labyrinth

David Bowie—need we say more? In this Jim Henson-directed film, he plays Jareth the Goblin King, who seeks to keep a baby boy from his teen sister in an enormous, otherworldly maze.

disney darlings

Get a break from *The Lion King* and *Aladdin* with these fantastic lesser-known movies.

The Emperor's New Groove

A seriously underrated Disney movie, this is full of smart laughs and lovable characters, and has a refreshingly unpredictable storyline.

The Great Mouse Detective

This mystery has a great Sherlock Holmesian hero—a mouse named Basil of Baker Street—and a formidable villain (voiced by Vincent Price).

Swiss Family Robinson

This classic castaway adventure features plenty of animals and pirates.



The fort protects them
against pretend enemies.

You and your doctor can help protect them
against a real one —
invasive pneumococcal disease.



IMPORTANT VACCINE INFORMATION FOR ALL CHILDREN UP TO AGE 5:

Certain strains of bacteria that can cause serious invasive pneumococcal disease are being seen more frequently than before. There's a vaccine to help protect against them. The doctors at the Centers for Disease Control (CDC) have recommended that children 15 months to 5 years of age who've had a full 4-dose series of pneumococcal conjugate vaccine should also get a dose of Prevnar 13[®] to cover against 6 more strains.*

*The immune response from this schedule might be lower for the 6 additional strains (types 1, 3, 5, 6A, 7F, and 19A) than if your child had received the full 4 doses of Prevnar 13[®]. It's not known how medically important this difference is.

INDICATION FOR PREVNAR 13[®]

- Prevnar 13[®] is a vaccine approved for use in children 6 weeks through 5 years of age (prior to the 6th birthday)
- Prevnar 13[®] is indicated for active immunization for the prevention of invasive disease caused by 13 strains of *Streptococcus pneumoniae* (1, 3, 4, 5, 6A, 6B, 7F, 9V, 14, 18C, 19A, 19F, and 23F)

IMPORTANT SAFETY INFORMATION FOR PREVNAR 13[®]

- Prevnar 13[®] should not be given to anyone with a severe allergic reaction to any component of Prevnar 13[®], Prevnar[®] (Pneumococcal 7-valent Conjugate Vaccine [Diphtheria CRM₁₉₇ Protein]), or any diphtheria toxoid-containing vaccine
- Prevnar 13[®] may not protect all individuals receiving the vaccine
- Children with weakened immune systems may have a reduced immune response to Prevnar 13[®]
- A temporary pause of breathing following vaccination has been observed in some infants born prematurely

IMPORTANT SAFETY INFORMATION FOR PREVNAR 13[®] (continued)

- The most commonly reported serious adverse events include bronchiolitis (an infection of the lungs) (0.9%, 1.1%), gastroenteritis (inflammation of the stomach and small intestine) (0.9%, 0.9%), and pneumonia (0.9%, 0.5%) for Prevnar 13[®] and Prevnar[®], respectively
- The most common side effects are redness, swelling and tenderness at the injection site, fever, decreased appetite, irritability, increased sleep, and decreased sleep. Any side effects associated with the vaccination should be reported to your child's health care provider. Only a health care provider can decide if Prevnar 13[®] is right for your child

You are encouraged to report negative side effects of vaccines to the FDA and Centers for Disease Control (CDC). Visit www.vaers.hhs.gov or call 1-800-822-7967.

Please see Important Facts for Prevnar 13[®] on the following page.



FOR MORE INFORMATION, ASK YOUR CHILD'S DOCTOR OR GO TO WWW.PREVNAR13.COM/UPDATE

IMPORTANT FACTS



Prev • nar 13

ABOUT PREVVAR 13®

- Pnevmar 13® is a vaccine which helps protect against 13 strains of *Streptococcus pneumoniae* (1, 3, 4, 5, 6A, 6B, 7F, 9V, 14, 18C, 19A, 19F, and 23F) that can cause invasive disease.
- Pnevmar 13® may also be used for the prevention of otitis media (ear infection) caused by *Streptococcus pneumoniae* strains 4, 6B, 9V, 14, 18C, 19F, and 23F. No efficacy data for ear infections are available for strains 1, 3, 5, 6A, 7F, and 19A.
- Pnevmar 13® may not protect all individuals receiving the vaccine.
- Protection against ear infections is expected to be less than that for invasive disease.
- Pnevmar 13® does not replace the use of 23-valent pneumococcal polysaccharide vaccine (PPV23) in children ≥24 months of age with sickle cell disease, damaged spleen, HIV infection, chronic illness, or who have weakened immune systems.

BEFORE STARTING PREVVAR 13®

Tell your child's health care provider about all of your child's medical conditions, including:

- Previous allergic or adverse reactions to other vaccines.
- Certain conditions that weaken your child's immune system such as a damaged spleen, HIV infection, cancer, or kidney problems. Children with weakened immune systems may have a reduced immune response to Pnevmar 13®.

Tell your child's health care provider about all the medicines your child takes, including prescription and over-the-counter medicines, vitamins, and herbal supplements.

Especially tell your child's health care provider if your child is taking medicines that can weaken his or her immune system such as steroids (e.g., prednisone) and cancer medicines or if your child is undergoing radiation therapy.

WHO SHOULD RECEIVE PREVVAR 13®?

- Pnevmar 13® is recommended for children 6 weeks through 5 years of age.
- Pnevmar 13® is regularly given as a 4-dose series at 2, 4, 6, and 12 to 15 months of age.
- **Transition schedule:** Children who have received one or more doses of Pnevmar® (Pneumococcal 7-valent Conjugate Vaccine [Diphtheria CRM₁₉₇ Protein]) may complete the 4-dose immunization series with Pnevmar 13®.
- **Catch-up schedule:** Children 15 months through 5 years of age who have received 4 doses of Pnevmar® may receive one dose of Pnevmar 13® to elicit immune responses to the six additional strains.
- The immune response from the transition or catch-up schedules might be lower for the 6 additional strains (types 1, 3, 5, 6A, 7F, and 19A) than if your child had received the full 4 doses of Pnevmar 13®. It's not known how medically important this difference is.

WHO SHOULD NOT RECEIVE PREVVAR 13®?

- Children under 6 weeks of age and over 6 years of age.
- Children who have had a serious allergic reaction to any component of Pnevmar 13®, Pnevmar®, or any diphtheria toxoid-containing vaccine.

POSSIBLE SIDE EFFECTS OF PREVVAR 13®

Pnevmar 13® may cause serious side effects including:

- Temporary pause of breathing in some infants born prematurely
- Bronchiolitis (an infection of the lungs)
- Gastroenteritis (inflammation of the stomach and small intestine)
- Pneumonia

The most common side effects of Pnevmar 13® are:

- Redness, swelling and tenderness at the injection site
- Fever • Decreased appetite • Irritability
- Increased sleep • Decreased sleep

Any side effects associated with the vaccination should be reported to your child's health care provider. These are not all of the possible side effects of Pnevmar 13®. For a complete list, ask your child's health care provider.

NEED MORE INFORMATION?

- This is only a summary of important information. Ask your child's health care provider for complete product information.
- Go to www.pnevmar13.com or call 1-800-666-7248.

readyset

every day kitchen

5 Moves to a Mood-Lifting Kitchen

Winter doldrums got you down? These tricks will perk you and your space right back up.

BY ADAM BIBLE

1

brighten up with color

Spruce up your kitchen and your spirits by (finally!) replacing worn-out cookware and utensils with new pieces in springy hues, suggests Susan Serra, a certified kitchen designer and author of the Kitchen Designer blog (www.thekitchendesigner.org).

turn for more...



READY, SET



COOK



GET TOGETHER



GO AWAY

Mrs. "Bring Smiles to the Table Tonight."

Mrs. T's
Pierogies



When you serve Mrs. T's® Pierogies, you're not just serving up a delicious meal, you're serving up smiles. Because whether you sauté them, grill them or even boil them, these pierogies filled with simple goodness are sure to put the fun back into family dinners.

Mrs. T's® Pierogies...The Perfect Pairing of Pasta and Potatoes!®



For simple and delicious recipes, visit pierogies.com

MANUFACTURER'S COUPON | EXPIRES 5/31/11

SAVE \$1.00

on any ONE (1) box of Mrs. T's® Pierogies



Look for the blue box in your grocer's freezer!

CONSUMER: Offer is limited to one coupon per purchase. Void if sold, exchanged, reproduced or altered.
RETAILER: Ateeco, Inc. will redeem this coupon in accordance with our redemption policy, copies available upon request. Mail to: Ateeco, Inc., P.O. Box 880276, El Paso, TX 88588-0276. Cash value 1/100 of 1c.



0041164-011506



every day kitchen
MORE RESTORATIVE IDEAS...



2

make over appliances

Give dated dishwashers and even some refrigerators a cheap face-lift, Serra suggests. Just slide out the front panels (they're usually affixed by channels on either side) and replace them with cut-to-size birch plywood (sold at hardware or home improvement stores). Using latex paint, jazz up the new panel with a bright pattern or a color that complements your kitchen.



3

turn up the lights

Switch on a bright light when you're making morning coffee: It'll help boost serotonin and melatonin levels (hormones that regulate mood and sleep cycles, respectively). Light can be a stimulant for people with depression or seasonal affective disorder, says Susan Albers, psychologist and author of *50 Ways to Soothe Yourself Without Food*.

4

bring nature indoors

It's not too soon for spring in the kitchen: That's where Nina Planck, author of *Real Food: What to Eat and Why*, likes to display the daffodils, crocuses and pussy willow branches she picks when strolling outside. "I put them in recycled glass jars by the windows," she says. Fresh scents can be restorative, too: Burn candles or arrange sachets of lavender (stress-relieving), rosemary (uplifting) or jasmine (relaxing).



5

connect with family

When the blues hit, Albers suggests displaying family memorabilia in the kitchen. A glimpse can prompt the amygdala—the part of the brain that stores emotional memories—to tap into the good feelings tied to the memories. Try showing off Grandma's teapot on a shelf, or hanging a photo of Mom baking cookies in your childhood home.



fast fact
HERBAL REMEDY

Turns out that the jars in your spice cupboard can make you happier. Studies suggest that saffron in particular can be an effective antidepressant. (It's been used in traditional Persian medicine for centuries!) Get your fix with an uplifting cup of tea: Add 3 strands saffron to 3 cups boiling water, along with a cinnamon stick and 3 cardamom pods. Simmer for 30 minutes, then add sugar to taste. (You can also add blanched almonds if you have some in the pantry.)



Start "cooking" outside the kitchen: Sit in a cozy chair and read your recipe all the way through before you begin making it. This is calming and prevents nerve-racking "oops" moments later on.





New!



CARVING BOARD

OVEN ROASTED TURKEY BREAST
BROWNED WITH CARAMEL COLOR

Only from





my space:
DEB PERELMAN

OCCUPATION Author of the food blog smittenkitchen.com

LOCATION New York City

People have walk-in closets bigger than my kitchen," says Deb Perelman, who cooks galettes, gratins, lasagna and more in her 42-square-foot "half-galley" space, and blogs about her adventures on smittenkitchen.com, which draws a whopping 1 million page views a month. (Her first cookbook is slated for release in 2012.) She also shoots the site's photos, which are so crisp (or goeey, or bubbly) that you might reach for a taste. How does one achieve such culinary feats in a room this tight? Perelman keeps her single counter "obsessively clear," arranges bulky bakeware in vertical file holders on top of wall cabinets (the rest is in the linen closet), and resists buying pricey nonessentials. "You don't need a lot of fancy stuff to cook well." —SARAH STEBBINS

stuff deb  s

Perelman reaches for her *mini serrated utility knife* (Wüsthof, \$25, amazon.com) to cut hard-boiled eggs or chop apples for her 1-year-old son, Jacob.

She freezes Jacob's food in *ice cube trays*. What gets his slurp of approval? Peach sauce with nutmeg (frozen peaches and nutmeg simmered with water, then pureed).

Her *half-quart pot* is a "spectacular investment for a microwave-less kitchen." She uses it to heat soup and baby food, make small batches of oatmeal and melt butter.

Perelman has about 50 *cookie cutters*, including a star-shaped one from the early days of her relationship with her husband. "I don't think I've ever used it, but it makes me smile."

She buys 5-pound bags of *almonds*, walnuts and pecans from warehouse stores, then freezes them double-bagged to keep them fresh.

When possible, Perelman uses gram and ounce amounts in her recipes. "Why get out cups to measure when you could just dump everything onto a *scale*?"

She keeps a *ruler* handy so she can give readers precise measurements, like exact dimensions of lasagna squares.

everyone should have...

THE KNOW-IT-BY-HEART-DISH

Whether you want to impress with a showstopper or crave a classic, it's comforting to know there's a recipe you can practically cook with your eyes closed. Whatever the star in your arsenal—say, a golden roast chicken or a second-helpings-required stir-fry—just having it as a go-to success will give you more confidence with new recipes.



use it up
MICROWAVE POPCORN

serve it for breakfast

Mix leftover popped popcorn with raisins and toasted sliced almonds. Drizzle with honey; top with milk.

bulk up crab cakes

Instead of using breadcrumbs, pulse popped popcorn in a food processor until finely ground, then combine with crabmeat, finely chopped celery and onions, and a dollop of mayonnaise. Form into patties and pan-fry in olive oil until golden-brown.

reinvent the crouton

Toss popped popcorn with olive oil, granulated garlic and ground dried italian herbs; scatter on a salad.

POPCORN BY KANA OKADA; FOOD AND PROP STYLING BY PAMELA DUNCAN SILVER; COOKIE CUTTERS AND SPINACH ICE CUBES; GETTY IMAGES; ALMONDS AND RULER; ISTOCKPHOTO.COM.

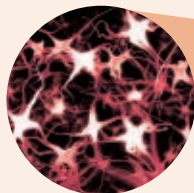


What's causing your chronic widespread MUSCLE pain?

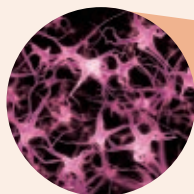
The answer may be over-active NERVES.

FIBROMYALGIA

is chronic widespread muscle pain **thought to be caused by over-active nerves.**



LYRICA® is believed to **calm these nerves.** It's not an anti-depressant.



Artist depiction

LYRICA® (pregabalin) can provide significant relief from Fibromyalgia pain.

In some patients, it works in as early as the first week of treatment. Have the Lyrica conversation with your doctor today.

Visit www.lyrica.com or call 1-888-5-LYRICA.



RELIEF can start here.

Prescription Lyrica is not for everyone. Tell your doctor right away about any serious allergic reaction that causes swelling of the face, mouth, lips, gums, tongue, throat or neck or any trouble breathing or that affects your skin. Lyrica may cause suicidal thoughts or actions in a very small number of people. Call your doctor right away if you have new or worsening depression, suicidal thoughts or actions, or unusual changes in mood or behavior. Lyrica may cause swelling of your hands, legs and feet. Some of the most common side effects of Lyrica are dizziness and sleepiness. Do not drive or work with machines until you know how Lyrica affects you. Other common side effects are blurry vision, weight gain, trouble concentrating, dry mouth, and feeling "high." Also, tell your doctor right away about muscle pain along with feeling sick and feverish, or any changes in your eyesight including blurry vision or any skin sores if you have diabetes. You may have a higher chance of swelling, hives or gaining weight if you are also taking certain diabetes or high blood pressure medicines. Do not drink alcohol while taking Lyrica. You may have more dizziness and sleepiness if you take Lyrica with alcohol, narcotic pain medicines, or medicines for anxiety. If you have had a drug or alcohol problem, you may be more likely to misuse Lyrica. Tell your doctor if you are planning to father a child. Talk with your doctor before you stop taking Lyrica or any other prescription medication.

Please see Important Facts Brief Summary on adjacent page.

To learn more visit www.lyrica.com or call toll-free 1-888-5-LYRICA (1-888-559-7422).

You are encouraged to report negative side effects of prescription drugs to the FDA.

Visit www.FDA.gov/medwatch or call 1-800-FDA-1088.

IMPORTANT FACTS



(LEER-i-kah)

IMPORTANT SAFETY INFORMATION ABOUT LYRICA

LYRICA may cause serious, even life threatening, allergic reactions. Stop taking LYRICA and call your doctor right away if you have any signs of a serious allergic reaction:

- Swelling of your face, mouth, lips, gums, tongue, throat or neck
- Have any trouble breathing
- Rash, hives (raised bumps) or blisters

Like other antiepileptic drugs, LYRICA may cause suicidal thoughts or actions in a very small number of people, about 1 in 500.

Call your doctor right away if you have any symptoms, especially if they are new, worse or worry you, including:

- New or worsening depression
- Suicidal thoughts or actions
- Unusual changes in mood or behavior

Do not stop LYRICA without first talking with your doctor.

LYRICA may cause swelling of your hands, legs and feet.

This swelling can be a serious problem with people with heart problems.

LYRICA may cause dizziness or sleepiness.

Do not drive a car, work with machines, or do other dangerous things until you know how LYRICA affects you. Ask your doctor when it is okay to do these things.

ABOUT LYRICA

LYRICA is a prescription medicine used in adults 18 years and older to treat:

- Pain from damaged nerves that happens with diabetes or that follows healing of shingles
- Partial seizures when taken together with other seizure medicines
- Fibromyalgia (pain all over your body)

Who should NOT take LYRICA:

- Anyone who is allergic to anything in LYRICA

BEFORE STARTING LYRICA

Tell your doctor about all your medical conditions, including if you:

- Have had depression, mood problems or suicidal thoughts or behavior
- Have or had kidney problems or dialysis
- Have heart problems, including heart failure
- Have a bleeding problem or a low blood platelet count
- Have abused prescription medicines, street drugs or alcohol in the past
- Have ever had swelling of your face, mouth, tongue, lips, gums, neck, or throat (angioedema)
- Plan to father a child. It is not known if problems seen in animal studies can happen in humans.
- Are pregnant, plan to become pregnant or are breastfeeding. It is not known if LYRICA will harm your unborn baby. You and your doctor should decide whether you should take LYRICA or breast-feed, but not both.

Tell your doctor about all your medicines. Include over-the-counter medicines, vitamins, and herbal supplements.

LYRICA and other medicines may affect each other causing side effects. Especially tell your doctor if you take:

- Angiotensin converting enzyme (ACE) inhibitors. You may have a higher chance for swelling and hives.

BEFORE STARTING LYRICA, continued

- Avandia® (rosiglitazone)*, Avandamet® (rosiglitazone and metformin)* or Actos® (pioglitazone)** for diabetes. You may have a higher chance of weight gain or swelling of your hands or feet.
- Narcotic pain medicines (such as oxycodone), tranquilizers or medicines for anxiety (such as lorazepam). You may have a higher chance for dizziness and sleepiness.
- Any medicines that make you sleepy

POSSIBLE SIDE EFFECTS OF LYRICA

LYRICA may cause serious side effects, including:

- See "Important Safety Information About LYRICA."

- Muscle problems, pain, soreness or weakness along with feeling sick and fever
- Eyesight problems including blurry vision
- Weight gain. Weight gain may affect control of diabetes and can be serious for people with heart problems.
- Feeling "high"

If you have any of these symptoms, tell your doctor right away.

The most common side effects of LYRICA are:

- Dizziness
- Blurry vision
- Weight gain
- Sleepiness
- Trouble concentrating
- Swelling of hands and feet
- Dry mouth

If you have diabetes, you should pay extra attention to your skin while taking LYRICA and tell your doctor of any sores or skin problems.

HOW TO TAKE LYRICA

Do:

- Take LYRICA exactly as your doctor tells you. Your doctor will tell you how much to take and when to take it. Take LYRICA at the same times each day.
- Take LYRICA with or without food.

Don't:

- Drive a car or use machines if you feel dizzy or sleepy while taking LYRICA.
- Drink alcohol or use other medicines that make you sleepy while taking LYRICA.
- Change the dose or stop LYRICA suddenly. You may have headaches, nausea, diarrhea, or trouble sleeping if you stop taking LYRICA suddenly.
- Start any new medicines without first talking to your doctor.

NEED MORE INFORMATION?

- Ask your doctor or pharmacist. This is only a brief summary of important information.
- Go to www.lyrica.com or call 1-866-459-7422 (1-866-4LYRICA).

Uninsured? Need help paying for Pfizer medicines? Pfizer has programs that can help. Call 1-866-706-2400 or visit www.PfizerHelpfulAnswers.com.



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**Actos is a registered trademark of Takeda Chemicals Industries, Ltd., and is used under license by Takeda Pharmaceuticals of America, Inc., and Eli Lilly and Co.

Rx only

buy it: in season Spinach

BY KATIE BARREIRA

use it...

...in a pita pocket. Mix with chopped dill, basil and parsley, then dress with olive oil and lemon juice; layer with hummus and grilled chicken.

...in a spicy side. Simmer in unsweetened coconut milk with a pinch of salt and crushed red pepper; serve over brown rice with lime wedges.

...in a casserole. Sauté, then toss with cooked egg noodles, butter, grated swiss cheese and chopped onion; transfer to a baking dish, sprinkle with breadcrumbs and bake until the cheese melts.

...in a burger. Finely chop; stir into ground turkey with crumbled feta and form patties.

...in a sauce. Chop and mix with chopped mint and cucumber; stir into plain yogurt with a dash of paprika.

...in a smoothie. Puree with green tea, frozen mango, yogurt and some honey.

select & store

- + Choose leaves that are crisp and dry.
- + Avoid yellowed leaves and those with dark-colored water spots or a strong odor.
- + Wash leaves, shake dry, then wrap in a paper towel, place in a plastic bag and refrigerate.
- + Store in your refrigerator's crisper for up to 3 days.
- + Fresh spinach is best December through April.

tip 1 pound raw makes about 1 cup cooked.



* try this recipe

Lemony Creamed Spinach Soup SERVES 6

In a large pot, melt **4 tablespoons butter** over medium heat. Add **1 large chopped onion** and cook until softened, about 5 minutes. Stir in **1 tablespoon flour** and cook, stirring, for 1 minute. Add **one 9-ounce bag spinach** and cook, stirring, until wilted; repeat with a second bag of spinach, then remove from the heat. Add **2½ cups vegetable broth** and, using an immersion blender or food processor, puree until smooth. Return to medium heat and cook until just beginning to boil, about 2 minutes. Meanwhile, in a large bowl, whisk **½ cup heavy cream** with **2 egg yolks**. Slowly whisk a ladleful of hot soup into the cream mixture and repeat with another ladleful; stir the cream mixture into the pot, season with **salt** and **pepper** and heat through. Just before serving, stir in the **grated peel of 1 lemon**.



Get more than **100 recipes** featuring spinach at rachaelraymag.com/march.



UNTIL THIS HAPPENS, KEEP THE SECRET.

Kids may never love veggies this much. But they love Chef Boyardee. And even though there's no broccoli, there is a full serving of vegetables in every Chef Boyardee Micro Beef Ravioli Microwave Cup. Just don't tell them.

Obviously Delicious. Secretly Nutritious.

Full serving of vegetables means half-cup of vegetables in every Micro Beef Ravioli Microwave Cup. The Dietary Guidelines for Americans (2005) recommends 2.5 cups of vegetables (or 5 servings) per day based on a 2,000 calorie diet.





5 Genius Ways to Save *big* While You Shop

Follow these simple steps and you'll breeze past the checkout line with cash in your wallet and time on your hands.

BY PAIGE GREENFIELD AND LAMBETH HOCHWALD

Score *no-brainer* freebies

Supermarkets like Publix and Bi-Lo will give you certain store-brand items for free when you buy the national-brand equivalent.

"This is a risk-free way to sample store brands, which are often as good as the national brands—and almost always cheaper," says marketing expert Janet Eden-Harris. In fact, most are so confident in their private-label goods, they offer money-back guarantees, says savings expert Kimberly Danger, author of *Instant Bargains*.

Stay on *budget* as you go

Use the new handheld devices from Stop & Shop and Giant Food that let you scan and bag items as you go.

You'll shave 10 to 15 minutes off your shopping trip. And since the device displays your running total, you'll be more likely to stick to your budget, says consumer research psychologist and professor Kit Yarrow. "When you immediately see the damage that impulse buys like chips and gourmet goodies do to your bottom line, you'll think twice about putting them in your cart," she says.

Nab *insider deals* via Facebook

"Friend" or "follow" supermarkets and brands on Facebook or Twitter to stay on top of exclusive sales.

Many retailers use social media to announce specials. Jeanette Pavini, savings expert at coupons.com, also advises that you check product manufacturers' pages for the best deals. To keep your news feed under control, focus on brands you buy often (regular purchases like diapers or cereal) or items that tend to be expensive (like extra-virgin olive oil).

Mix & match deals online

Put down the scissors! Supermarkets like Wegmans and ShopRite now let you access store circulars online, plus create and print shopping lists.

When you make an online shopping list, you can search for coupons and swap in comparable items that are on sale. Letting the bargains come to you cuts down prep time and can save you up to \$200 per month, Pavini says. Plus, finding out about deals ahead of time helps you avoid sale-induced impulse buying in the store, Yarrow says.

Take a *guided tour* from a pro

At Whole Foods Markets, you can sign up for a guided trip around the store to get the inside scoop on the best ways to save.

You'll get the most out of it if you come prepared with a list of questions, Pavini says. Her top five: When do advertised specials start and end? Do you discount next-day bakery items? Do you accept expired or competitors' coupons? What are some less expensive substitutes for costlier ingredients my family uses? Do you offer discounts for buying in bulk?

this just in...

UPDATED CLASSICS

Whip up flavorful dishes in a flash with these convenient new spin-offs of pantry staples. —JUDITH PEÑA

classic



updated
LAWRY'S ORIGINAL SEASONED SALT MARINADE bottles the ever-popular spice blend with oil and vinegar. \$3 for 12 ounces, at grocery stores



classic



updated
Top burgers with LEA & PERRINS THICK CLASSIC WORCESTERSHIRE SAUCE, a stay-put version that doubles as a tangy dip. \$3 for 10 ounces, at grocery stores



classic



updated
Using cream cheese to make rich and silky sauces just got easier: PHILADELPHIA COOKING CREME is a softer, stir-in version of the original. \$3 for 10 ounces, at grocery stores



did you know...?
35 percent of shoppers avoid products containing high-fructose corn syrup.
SOURCE: MINTEL INTERNATIONAL



Find out about the new breed movement and get valuable coupons at facebook.com/ALPO.



man on the street "WHAT KID FOODS DO YOU SECRETLY LOVE TO EAT?"

These five shoppers in New Jersey prove that you're never too old to eat like a 5-year-old. —MYRLANDEE DAVERMANN



"I've never grown out of **Teddy Grahams**—especially the cinnamon and chocolate varieties."

—RAMEEZA YASSIN



"Kind of embarrassing, but my wife and I love Dora and **Scooby Doo fruit snacks**."

—MARCO CERQUEIRA



"I eat the **ice pops** I buy for my grandkids—they're only 10 calories each, and sugar-free!"

—ANTHONY GIUSTO



"Boxed **mac 'n' cheese** is great when you want quick-fix comfort food."

—DANA VIGILANTE



"When I'm in a hurry, I grab a strawberry **Go-Gurt**."

—JUAN YIN



AL SAYS, "I'M JUST A MEAT AND POTATOES DOG. WITHOUT THE POTATOES, OF COURSE."

AL'S THE VOICE OF REAL DOGS.

He doesn't give a hoot about decorator dog foods. He's a real dog. And real dogs have a mind for meaty goodness. As in the new tender, meaty bites in ALPO Prime Cuts With Beef in Gravy. Mmm, 100% pure satisfaction—not to mention 100% complete and balanced. It's the new breed of ALPO for the new breed of dog: Real Dogs.

REAL DOGS EAT MEAT.™



we tried 'em all!

Great Gluten-Free Baking Mixes

BY DINA CHENEY | PHOTOGRAPH BY LUCAS ZAREBINSKI

pancakes

best pancakes

KINNIKINNICK FOODS PANCAKE AND WAFFLE MIX

\$5.95 for 22.8 ounces,
kinnikinnick.com for stores

These slightly sweet, crepe-like pancakes are “as tender and fluffy as the silver dollars from my favorite diner,” one taster praised. So what’s the secret? The mix is made with pea starch. Who needs wheat?



muffin

best muffin

AUTHENTIC FOODS BLUEBERRY MUFFIN MIX

\$7.65 for 17 ounces,
authenticfoods.com for stores

While some competitors had a gritty texture, these vanilla-y, blueberry-dotted babies were smooth and cakey, thanks to superfine rice flour and rice bran. “I could eat one every morning!” one panelist enthused, reaching for a second muffin.



brownies

best brownies

GLUTEN FREE PANTRY CHOCOLATE TRUFFLE BROWNIE MIX

\$4.79 for 1 pound, at most grocery stores

These rich brownies strike all the right chords with a crackled top and a dense, fudgy interior sprinkled with chocolate chips. And with just eight ingredients, we weren’t surprised that one panelist gushed, “All I taste is chocolate and more chocolate!”



pizza crust

best pizza crust

BOB'S RED MILL GLUTEN FREE PIZZA CRUST MIX

\$4.19 for 1 pound, at most grocery stores

Sure, this crust soaks up sauce like a dream, but it was the bread-y flavor that most impressed. “Finally, an option that tastes good!” one panelist cheered. Bonus: Each slice offers 4 grams of fiber and 3 grams of protein, thanks to a blend of three whole-grain flours.



yellow cake

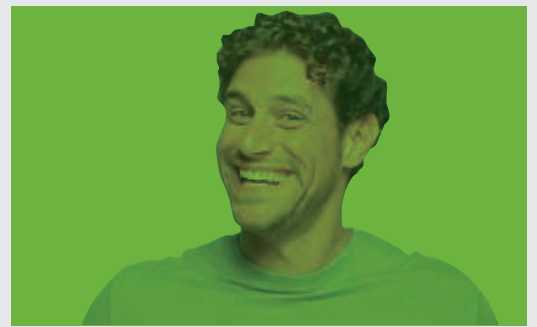
best yellow cake

THE REALLY GREAT FOOD COMPANY YELLOW CAKE MIX

\$6.99 for 23 ounces,
reallygoodfood.com for stores

Mace adds a nutmeg-like flavor to this off-the-charts-delicious cake. Glossy on the outside and moist within, it won raves—even unfrosted. (Cream cheese icing, however, would take it to new heights.) One taster, a skeptical 13-year-old with celiac disease, said it best: “We’ve got to buy this!”





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***Results not typical. On Nutrisystem, you can expect to lose at least 1-2 lbs. per week. Individuals are remunerated. On Nutrisystem you add in fresh grocery items.**

	Yoga
7am	Pick up bike from repair shop
8am	Get fruit for kids' lunches Take Logan to school
9am	Breakfast meeting with Joan (no muffins!) Presentation materials to printer
10am	Jot breakfast in food journal Confirm pick-up time for Molly's cake
11am	Client meeting – 9th floor conference r (take the stairs)
12pm	Performance review with Gail Write presentation intro + answer e-m
1pm	Pick up presentation Call insurance agent re: quote for new car
2pm	Book travel for corporate retreat Request time off re: Jim's parents' anniversary
3pm	Do a lap around the office Run through presentation
4pm	Mandatory IT training Call Theresa Thornhill (555-0918) re: carpooling
5pm	Pick up Molly's cake and party decorations Molly's b-day party :)
6pm	Submit paper for online class Enter meals into calorie counter



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living light: **Hearty Mains**

BY TRACEY SEAMAN | PHOTOGRAPHY BY CON POULOS

Chicken with Wine

SERVES 4 PREP 15 MIN COOK 15 MIN

- 1 tablespoon flour
- Salt and pepper
- 1 pound skinless, boneless chicken breast, sliced into 8 cutlets and pounded thin
- 1 tablespoon extra-virgin olive oil
- 1½ tablespoons butter
- 10 ounces mushrooms, sliced
- 1 large shallot, finely chopped
- 1 cup red wine

- ½ cup low-sodium chicken broth
- 2 teaspoons fresh thyme leaves

1. In a shallow bowl, combine the flour and ¼ teaspoon each salt and pepper. Coat the chicken, shaking off any excess.

2. In a large, heavy skillet, heat the olive oil over medium-high heat. Working in batches, add the chicken and cook, turning once, until just cooked through, about 5 minutes; transfer to a plate.

Add ½ tablespoon butter and the mushrooms to the pan and cook, stirring, until browned, about 5 minutes; transfer to the plate of chicken. Stir in the shallot and the remaining 1 tablespoon butter. Add the wine and chicken broth and simmer until reduced by one-third, about 5 minutes.

3. Return the chicken and mushrooms to the pan, add the thyme and cook, turning, to heat through; season with salt.

WHAT'S IN IT FOR YOU

CHICKEN WITH WINE

➤ This is a figure-friendly version of coq au vin (typically prepared with slab bacon and butter).

➤ Aromatics and wine add strong bursts of flavor, so you won't be as tempted to reach for the salt shaker.

➤ Thyme packs a dose of vitamin K, a nutrient that strengthens your bones.

Amount per serving

Calories.....	254
Saturated Fat.....	4g
Sodium.....	215mg
Protein.....	29g

Be gourmet. The Classico Way.



Creamy Tomato-Vodka Soup

A Classico Exclusive Recipe
from Every Day with Rachael Ray

Serves: 8 Prep: 20 minutes
Cook: 1½ hours

- 1 Tbsp extra-virgin olive oil
- 2 onions, sliced
- 2 to 3 small cloves garlic, smashed and peeled
- One 32-oz. can (4 cups) vegetable broth
- One 28-oz. can Italian plum tomatoes, with juice
- One 24-oz. jar Classico® Four Cheese Pasta Sauce
- ¼ cup vodka
- 6 sprigs flat-leaf parsley
- 1 tsp salt
- 1 tsp sugar
- 2 cups half and half

1. In a large pot, heat oil over medium-high heat. Add onions and garlic and cook 1-2 minutes. Add remaining ingredients except for the half and half. Cover and simmer for 30-60 minutes, stirring occasionally.

2. Using an immersion blender or a food processor, purée the soup in batches (be careful—the liquid is hot). Stir in the half and half. Cook in the covered pot on low heat until heated through, 20 to 30 minutes.

Visit classico.com for more delicious recipes and coupons.



GOOD FOR YOU



Amount per serving
Calories.....566
Dietary Fiber.....5g
Sodium.....259mg
Protein.....46g

Souper Boiled Dinner

SERVES 6 PREP 15 MIN COOK 1 HR 20 MIN

- 1 pound boneless beef short ribs
- Salt and pepper
- 1½ teaspoons extra-virgin olive oil
- 3½ cups low-sodium chicken broth
- 3 cloves garlic
- 2 pounds bone-in chicken breast, skin discarded
- 4 carrots
- ½ head green cabbage, cut into 4 wedges
- 4 leeks, halved lengthwise
- 4 heads baby bok choy, quartered

1. Season the beef with salt and pepper. In a dutch oven, heat the olive oil over medium-high heat. Add the beef and cook, turning, until browned, about 8 minutes. Add 2½ cups water, the chicken broth and garlic. Lower the heat, cover and simmer for 20 minutes. Nestle the chicken into the liquid, add the carrots and cabbage, cover and simmer for 30 minutes. Add the leeks and simmer until the chicken is cooked through, about 15 minutes.

2. Transfer the vegetables to a platter and tent with foil. Transfer the beef and chicken to a cutting board and slice; arrange on the platter. Add the bok choy to the cooking liquid in the pot, cover and cook until tender, 3 to 4 minutes; transfer to the platter. Serve the meat and vegetables in shallow bowls moistened with the cooking liquid.

WHAT'S IN IT FOR YOU

SOUPER BOILED DINNER

- Cruciferous veggies (such as cabbage and bok choy) may help prevent certain types of cancer.
- Meat plays a supporting role, while veggies star—which cuts calories and amps up nutrients.
- Using fresh beef short ribs, rather than traditional brined corned beef, means less sodium.



Amount per serving
Calories.....436
Saturated Fat.....10g
Dietary Fiber.....6g
Protein.....21g

Pub-wich

SERVES 4 PREP 15 MIN COOK 15 MIN

- ½ cup chicken broth
- 1 tablespoon cornstarch
- 1 tablespoon flour
- ½ cup stout beer
- 4 ounces sharp cheddar cheese, shredded
- 1 tablespoon extra-virgin olive oil
- 8 ounces reduced-fat, reduced-sodium beef hot dogs, sliced
- ½ head green cabbage, shredded
- 1 bunch scallions, thinly sliced
- 4 slices pumpernickel bread
- 3 tablespoons grainy mustard

1. In a small saucepan, whisk together the chicken broth, cornstarch and flour over medium heat until thickened, 1 minute. Whisk in the beer and bring to a simmer, whisking, 2 to 3 minutes. Whisk in the cheese; cover.

2. In a large skillet, heat the olive oil over medium-high heat. Add the hot dogs and cook, stirring, until browned, about 3 minutes; transfer to a plate. Add the cabbage and scallions to the pan, cover and cook, stirring occasionally, until wilted, about 5 minutes. Return the hot dogs to the pan.

3. Meanwhile, toast the bread and spread with the mustard. Stir 2 tablespoons cheese sauce into the hot dog-cabbage mixture and divide the mixture among the toasts. Top with the remaining cheese sauce.

WHAT'S IN IT FOR YOU

PUB-WICH

- Stretching cheese sauce with broth cuts the amount of fat per portion.
- Authentic pumpernickel made with rye flour contains more fiber than all-wheat bread loaves.
- "Light" beef hot dogs have fewer calories than pub-style pork sausages.



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sunflower oil... and created a whole line of snacks around them. Today, our new EatSmart Naturals embody the goodness of nature and the great taste you deserve to create a truly



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we put 'em to the test!

Graters That Wowed Us

Subpar versions of this go-to tool can wear away at your patience, but these models are a cut above the rest.

BY VIVIAN JAO

PHOTOGRAPHY BY LUCAS ZAREBINSKI

1

1. sharpest

CUISIPRO 4-SIDED BOX GRATER

\$30, cheftools.com

This tool will make you seek out things to grate. Thanks to the well-honed blades, it quickly and effortlessly makes thin ribbons of both hard and soft foods. Bonus: The sharp slicer is an excellent mandoline.

2

2. sturdiest

KITCHENAID BOX GRATER

\$25, pfaltzgraff.com

This is as well-rounded as a box can be: Its slightly convex walls mean you don't have to push as hard while grating, but it has an anti-skid base just in case. It also simplifies prep and storage with a 3-cup container, complete with a lid and measuring marks.

3. fastest

TRUDEAU 4-SIDED GRATER

\$13, amazon.com

When you're cooking for a crowd (read: grating a lot of cheese for Grandma's famous lasagna), this jumbo-size grater helps get the job done quickly. Thanks to its wide surfaces and spacious center, you can tackle larger items without stopping to empty it. Food releases cleanly from the grates, so washing is a cinch.

4. smallest

GOOD COOK TOUCH BOX GRATER WITH MEASURING CONTAINER

\$13, goodcook.com

We like that this version is slim in body (it takes up the least storage space of all), but doesn't skimp on a cushy rubber handle. It comes with a perfectly sized storage container that nests inside.

5. wallet-friendliest

CUISINOX 9.5-INCH BOX GRATER

\$10, inoxkitchenware.com

This trusty, basic model gave us reverse sticker shock. With narrow sides, it's well suited to smaller-scale projects—and to smaller chefs, too: The petite handle and slip-proof bottom make it especially kid-friendly.

smooth moves

For foods that stick, like soft cheeses or chocolate, lightly spritz the outside of the grater with cooking spray.

4

3

5



advertisement

Dinner 1-2-3

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2 Make it Satisfying

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3 It's All Good

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so good.

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WELL EQUIPPED



Use your box grater to prep the apples, onions and cheddar cheese in this pork meatball recipe—you'll save yourself all that chopping and get uniform pieces.

clean it better

Get a head start by soaking the grater in warm water and a few teaspoons of baking soda. Later, take a firm-bristled brush to the grates, pressing in the direction of the teeth to release stuck-on gunk.

Pork, Apple and Cheddar Meatballs with Egg Noodles

SERVES 4 PREP 15 MIN COOK 10 MIN

- 1 pound ground pork
- 1 cup coarsely grated sharp cheddar cheese
- ¾ cup breadcrumbs
- 1 small, tart apple, such as granny smith, peeled and grated
- ½ small onion, grated
- ½ cup chopped parsley
- 1 egg, beaten
- Salt and pepper
- One 12-ounce package egg noodles
- 4 tablespoons butter, cut into pieces

1. Preheat the broiler. Line a rimmed baking sheet with foil and grease with butter. In a large mixing bowl, combine the pork, cheese, breadcrumbs, apple, onion, 3 tablespoons parsley, the egg, 1½ teaspoons salt and ¼ teaspoon pepper. Shape into 16 meatballs and arrange on the baking sheet. Broil the meatballs until golden and cooked through, 8 to 10 minutes.
2. Meanwhile, in a pot of boiling, salted water, cook the noodles until al dente. Drain, then return to the pot and toss with the butter and remaining 5 tablespoons parsley; season with salt and pepper. Divide the noodles among 4 plates; top with 4 meatballs each.

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1
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Dinners for 10 Bucks (or Less)

BY ABIGAIL CHIPLEY

Pork Chops with Tomato Chutney

SERVES 4 PREP 15 MIN COOK 20 MIN

- ¼ cup extra-virgin olive oil
- 1 onion, chopped
- One 14.5-ounce can chopped tomatoes
- ⅓ cup golden raisins
- 3 tablespoons brown sugar
- 2 teaspoons finely grated fresh ginger
- 3 tablespoons plus 1 teaspoon red wine vinegar
- 4 pork loin chops (about 1½ pounds)
- Salt and pepper
- 1 pound green beans

1. In a medium skillet, heat 1 tablespoon olive oil over medium-high heat. Add the onion and cook, stirring occasionally, until softened, about 5 minutes. Stir in the tomatoes, raisins, brown sugar, ginger, 3 tablespoons vinegar and ½ cup water. Bring to a boil, lower the heat and simmer until the sauce has thickened, about 10 minutes.

2. Meanwhile, season the pork with salt and pepper. In a large skillet, heat 2 tablespoons olive oil over

medium-high heat. Add the pork chops and cook, turning once, until browned and just cooked through, about 5 minutes.

3. In a pot of boiling water, cook the green beans until crisp-tender, about 3 minutes; drain. Transfer to a bowl and toss with the remaining 1 tablespoon olive oil and 1 teaspoon vinegar; season with salt and pepper. Top the pork chops with the tomato chutney and serve with the green beans.

THE RECEIPT

Extra-virgin olive oil	\$0.52
Onion	\$0.36
Canned chopped tomatoes	\$0.99
Golden raisins	\$0.36
Brown sugar	\$0.18
Fresh ginger	\$0.11
Red wine vinegar	\$0.73
Pork loin chops	\$4.49
Green beans	\$1.69

TOTAL: \$9.43

Salt and pepper are freebies.

\$2.36
per person

PHOTOGRAPHY BY DAN ROBERTS; FOOD STYLING BY RONNE DAY; PROP STYLING BY MELISSA HABERMAN



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Fragrant Lamb Patties with Bulgur Salad

SERVES 4 PREP 15 MIN COOK 30 MIN

- 1 cup bulgur wheat
- Salt and pepper
- 1 pound ground lamb
- 1 bunch cilantro, chopped
- 3 cloves garlic, chopped
- 1 tablespoon paprika
- 1 cucumber, peeled and chopped
- 1 cup halved seedless red grapes
- Juice of 1 lemon
- 2 tablespoons extra-virgin olive oil

1. In a small saucepan, bring 1 cup water to a boil. Stir in the bulgur and ¼ teaspoon salt, cover and let stand until the water is absorbed, about 30 minutes.
2. Meanwhile, in a large bowl, combine the lamb, half of the cilantro, the garlic, paprika and 1½ teaspoons salt. Form into four ½-inch-thick patties.
3. Heat a large nonstick skillet over medium-high heat. Add the patties and cook, turning once, until cooked through, 10 to 12 minutes.
4. Meanwhile, transfer the bulgur to a large bowl. Stir in the cucumber, grapes, lemon juice, olive oil and remaining cilantro; season with salt and pepper. Serve with the lamb patties.

THE RECEIPT

Bulgur wheat	\$0.85
Ground lamb	\$5.99
Cilantro	\$0.89
Garlic	\$0.15
Paprika	\$0.05
Cucumber	\$0.50
Red grapes	\$0.75
Lemon	\$0.50
Extra-virgin olive oil	\$0.26

TOTAL: \$9.94

Salt and pepper are freebies.

\$2.49
per person



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- ✓ 0g Trans Fat per serving
- ✓ No Artificial Flavors



†Except that which occurs naturally in yeast extract and hydrolyzed vegetable proteins.



\$1.65
per person

THE RECEIPT

Extra-virgin olive oil	\$0.38
White wine vinegar	\$0.20
Dijon mustard	\$0.26
Orange	\$0.32
Chicken breast	\$3.41
Heavy cream	\$0.80
Fresh tarragon	\$0.23
Red-leaf lettuce	\$1.00

TOTAL: \$6.60

Salt and pepper are freebies.

Chicken with Mustard-Tarragon Sauce

Chicken with Mustard-Tarragon Sauce

SERVES 4 PREP 15 MIN COOK 20 MIN

- 3 tablespoons extra-virgin olive oil
- 2 tablespoons white wine vinegar
- 2 tablespoons plus 1 teaspoon dijon mustard
- Salt and pepper
- 1 orange, peel and pith discarded, cut into segments
- 1¼ pounds skinless, boneless chicken breast
- ½ cup heavy cream
- ½ teaspoon chopped fresh tarragon
- 1 head red-leaf lettuce, torn

1. In a large bowl, whisk together 1 tablespoon olive oil, 1 tablespoon vinegar and 1 teaspoon mustard; season with salt and pepper. Add the orange segments.
2. Season the chicken with salt and pepper. In a large nonstick skillet, heat the remaining 2 tablespoons olive oil over medium-high heat. Add the chicken and cook, turning once, until golden and cooked through, 12 to 15 minutes; transfer to a plate and cover to keep warm.
3. Lower the heat to medium and add the remaining 1 tablespoon vinegar to the pan, scraping up any browned bits. Whisk in the cream, the remaining 2 tablespoons mustard and the tarragon and cook until slightly thickened, about 1 minute.
4. Add the lettuce to the orange mixture and toss to coat. Slice the chicken against the grain ½ inch thick and divide among 4 plates. Spoon the sauce over the chicken and serve with the salad.

Catfish with Carrot-Cabbage Slaw

SERVES 4 PREP 25 MIN COOK 10 MIN

- 5 tablespoons vegetable oil
- 1 lemon, ½ juiced and ½ cut into 4 wedges
- 2 teaspoons sugar
- Salt and black pepper
- ½ small red cabbage (about 12 ounces), shredded
- 1 large carrot, coarsely grated
- ½ small red onion, grated
- ¼ cup yellow cornmeal
- ¼ teaspoon cayenne pepper
- 1 pound catfish fillets, cut into 1-inch-wide strips

1. In a large bowl, combine 1 tablespoon oil, the lemon juice and sugar; season with salt and black pepper. Add the cabbage, carrot and onion; toss to coat.
2. In a large, shallow bowl, combine the cornmeal, cayenne and 1 teaspoon salt. Coat the catfish with the seasoned cornmeal, shaking off any excess.
3. In a large nonstick skillet, heat the remaining ¼ cup oil over medium-high heat. Working in batches, add the fish and cook, turning once, until browned, about 5 minutes; drain on a paper-towel-lined plate. Serve with the carrot-cabbage slaw and the lemon wedges.



THE RECEIPT

Vegetable oil	\$0.20
Lemon	\$0.50
Sugar	\$0.02
Red cabbage	\$0.72
Carrot	\$0.12
Red onion	\$0.36
Cornmeal	\$0.06
Cayenne pepper	\$0.02
Catfish	\$5.99

TOTAL: \$7.99

Salt and pepper are freebies.

\$2.00
per person

Catfish with Carrot-Cabbage Slaw

THE RECEIPT

Grits	\$1.04
Sharp cheddar cheese	\$1.50
Butter	\$0.32
Eggs	\$1.10
Extra-virgin olive oil	\$0.26
Red bell peppers	\$1.98
Onions	\$0.72
Hot sauce	\$0.26

TOTAL: \$7.18

Salt and pepper are freebies

\$1.80
per person

Grits-and-Eggs Casserole

SERVES 4 PREP 15 MIN BAKE 20 MIN

Salt and pepper

- 1½ cups quick-cooking grits
- 6 ounces sharp cheddar cheese, shredded (about 2 cups)
- 4 tablespoons butter
- 8 eggs
- 2 tablespoons extra-virgin olive oil
- 2 red bell peppers, thinly sliced
- 2 onions, thinly sliced

Hot sauce, for serving

1. Preheat the oven to 350°. Grease a 9-by-13-inch baking dish. In a medium saucepan, bring 3½ cups water and ½ teaspoon salt to a boil. Stir in the grits, lower the heat and cook, stirring, until very thick, about 5 minutes. Stir in the cheese and

butter until melted. Transfer to the prepared baking dish and smooth with a spatula.
 2. Using the back of a spoon, make 8 evenly spaced wells in the grits. Crack 1 egg at a time into a small bowl and pour into each well. Bake the casserole until the egg whites are set but the yolks are still jiggly, about 20 minutes.
 3. Meanwhile, in a large skillet, heat the olive oil over medium-high heat. Add the bell peppers and onions and cook, stirring frequently, until the onions are browned, about 10 minutes; season with salt and pepper. Lower the heat to low and cook until the peppers are softened, about 5 minutes. Serve the grits casserole with the peppers and onions; sprinkle with hot sauce.

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B B A T T E R U P

basic batter

In a bowl, whisk together 1 cup **flour**, 1 tablespoon plus 1 teaspoon **baking powder**, ¼ teaspoon **sugar** and ¼ teaspoon **salt**. Beat in 1 cup **milk**, 3 beaten **eggs**, 5 tablespoons melted **butter** and 1 tablespoon **vegetable oil** until smooth.

MAKES
2½
CUPS

*Why should pancakes have all the fun?
Here are six unexpected ways to turn
our favorite batter into dinner or dessert.*

up

BY R. ALLEN SMITH | PHOTOGRAPHY BY ROMULO YANES

FOOD STYLING BY ANNE DISRUDE; PROP STYLING BY CINDY DIPRIMA.



dip and fry shrimp
"Everything"-Seeded
Shrimp with a Schmeat

SERVES 4 PREP 20 MIN COOK 10 MIN

-
- 2 tablespoons sesame seeds
 - 1 tablespoon plus 1 teaspoon poppy seeds
 - 1 tablespoon dried minced garlic
 - Salt
 - 8 ounces whipped cream cheese, at room temperature
 - $\frac{1}{3}$ cup half-and-half
 - $\frac{1}{2}$ cup thinly sliced scallions
 - Vegetable oil, for frying
 - 2 cups Basic Batter (page 78)
 - 1 pound large shrimp (about 16 pieces), peeled with tail on and butterflied
-

1. Line a baking sheet with paper towels. In a small bowl, combine 1 tablespoon sesame seeds, 2 teaspoons poppy seeds and 1 teaspoon each dried garlic and salt; sprinkle over the paper towels. In another small bowl, combine the cream cheese, half-and-half and $\frac{1}{4}$ cup scallions; season with salt.
2. Fill a large pot with enough oil to reach a depth of 2 inches. Heat over medium-high heat until it registers 350° on a deep-fry thermometer.
3. Meanwhile, in a large bowl, combine the batter and the remaining $\frac{1}{4}$ cup scallions, 1 tablespoon sesame seeds and 2 teaspoons each poppy seeds and dried garlic. Season the shrimp with salt. Working in batches, hold the shrimp by the tail and dip in the batter mixture; place in the oil and fry, turning once, until golden, about 5 minutes. Drain on the seed-covered paper towels, lightly coating with the mixture. Serve with the scallion cream cheese dip.



BATTER *up*

snazz up a salad

Zucchini Fritters with Tuna

SERVES 4 **PREP 15 MIN** **COOK 10 MIN**

- One 12-ounce can tuna, drained
- 4 scallions, coarsely chopped
- ½ cucumber—peeled, seeded and sliced crosswise
- ¼ cup pitted kalamata olives, sliced
- 2 tablespoons extra-virgin olive oil
- 1 tablespoon mayonnaise
- ½ pound zucchini, coarsely grated
- 1 cup **Basic Batter** (page 78)
- Vegetable oil, for frying
- 1 lemon, cut into wedges

1. In a bowl, combine the tuna, scallions, cucumber, olives, olive oil and mayonnaise. In another bowl, combine the zucchini with the batter.
2. Fill a large skillet with enough vegetable oil to reach a depth of 1 inch and heat over medium-high until it registers 350° on a deep-fry thermometer. Drop ¼ cupfuls of the zucchini mixture in the oil and fry until golden, about 3 minutes; drain. Top with the tuna salad and serve with the lemon wedges.

turn it into a casserole

Chicken-Tomato Clafoutis

SERVES 4 **PREP 20 MIN** **BAKE 35 MIN**

- 1 tablespoon butter
- 1 tablespoon extra-virgin olive oil
- ½ onion, finely chopped
- 2 cups ½-inch baguette cubes
- 6 ounces skinless, boneless dark meat rotisserie chicken
- 5 sun-dried tomatoes packed in oil, drained and thinly sliced
- 6 cloves garlic, chopped
- Salt
- 1 cup **Basic Batter** (page 78)
- 1 cup chicken broth

1. Preheat the oven to 375°. In a large skillet, heat the butter and olive oil over medium-high heat. Add the onion and cook until softened, about 5 minutes. Transfer to a large bowl. Mix in the bread, chicken, sun-dried tomatoes and garlic; season with salt.
2. Spread the chicken-bread mixture in a heavy, ovenproof skillet. Combine the batter and chicken broth in the large bowl and add to the skillet, pressing down to moisten the bread. Bake until golden and set, 30 to 35 minutes.



transform it into pasta

Gnocchi with Mushrooms and Sage Butter

SERVES 4 **PREP 30 MIN** **COOK 20 MIN**

- 1 large baking potato (about 12 ounces)
- ½ cup ricotta cheese
- 2 tablespoons finely chopped flat-leaf parsley
- ½ cup Basic Batter (page 78)
- Salt and pepper
- ¼ cup flour
- 1 stick (4 ounces) butter
- 6 tablespoons extra-virgin olive oil
- 1 pound cremini mushrooms, sliced
- 2 teaspoons chopped fresh sage
- ½ teaspoon freshly grated nutmeg

1. Microwave the potato on high until tender, about 12 minutes; let cool slightly. Peel and mash until smooth.
2. In a large bowl, combine the potato, ricotta and parsley. Stir in the batter and season with salt. Stir in the flour. Turn out the dough onto a lightly floured work surface and roll into a ¾-inch-thick rope. Cut the dough crosswise into 1-inch pieces.
3. In a large skillet, heat 2 tablespoons butter and 3 tablespoons olive oil over medium-high heat. Add half of the mushrooms and cook, undisturbed, for 5 minutes; stir and cook for 1 minute longer. Season with salt and pepper; transfer to a plate. Repeat with 2 more tablespoons butter, the remaining 3 tablespoons olive oil and the remaining mushrooms. Stir in the remaining 4 tablespoons butter, the sage, nutmeg and reserved mushrooms; cover to keep warm.
4. In a pot of simmering, salted water, working in 3 batches, cook the gnocchi until tender and fluffy, about 3 minutes. Using a slotted spoon, transfer to a platter. Pour the mushroom mixture on top and toss.



bake a yummy treat

Black-and-White Cupcakes

MAKES 6 **PREP 15 MIN** **BAKE 25 MIN**

Cooking spray

- 1** cup Basic Batter (page 78)
- 6** ounces soft goat cheese
- ½** cup sugar
- 2** ounces bittersweet chocolate

1. Preheat the oven to 325°.

Grease a 6-cup nonstick muffin pan with cooking spray. Using a food processor, puree the batter, goat cheese and sugar.

2. In a bowl, microwave the chocolate until melted, about 1 minute; let cool slightly. Whisk in ¼ cup of the goat cheese batter.

3. Divide the chocolate-cheese batter among the muffin cups. Top with the cheese batter. Bake until slightly firm to the touch, about 25 minutes.



BATTER up

make a special breakfast Lemon Crepes

SERVES 6 TO 8 PREP 20 MIN COOK 30 MIN

2 $\frac{2}{3}$ cups Basic Batter (page 78)

$\frac{1}{2}$ cup white cornmeal

2 tablespoons half-and-half

6 ounces cream cheese, at room temperature

$\frac{1}{4}$ cup confectioners' sugar, plus more for dusting

Grated peel and juice of 1 lemon

$\frac{3}{4}$ cup heavy cream, chilled

3 tablespoons butter, melted

1 cup granulated sugar

$\frac{1}{2}$ cup chopped dried apricots

1. In a large bowl, combine the batter, cornmeal and half-and-half. In another large bowl, beat the cream cheese, confectioners' sugar and lemon peel until fluffy. Beat in the lemon juice.

2. Using an electric mixer, beat the heavy cream until soft peaks form. Fold into the cream cheese mixture and refrigerate.

3. Preheat a nonstick skillet over medium-high heat. Grease the pan with some butter. Add 2 tablespoons of the cornmeal batter and, tilting and rotating the pan, form a thin crepe. Cook until golden, 1 minute; flip and cook for about 15 seconds. Repeat with the remaining cornmeal batter and butter.

4. In a heavy saucepan, bring the granulated sugar and $\frac{1}{2}$ cup water to a boil over medium-high heat. Cook, undisturbed, until golden, about 10 minutes. Stir in the apricots and $\frac{1}{4}$ cup water.

5. Meanwhile, working in batches, arrange the crepes on a work surface and spread some of the cream cheese mixture on each one. Fold the crepes in half, then fold in half again to form a fan. Top with the apricot-caramel sauce and dust with confectioners' sugar.



Meet the “Hot Mess” Winner!

Bust out the napkins! A tangy, five-ingredient sauce and sweet potato fries put this year’s Burger Bash contest winner over the top.

PHOTOGRAPHY BY MARCUS NILSSON



The “Hot Mess” Burger

SERVES 4 PREP 20 MIN COOK 10 MIN

- 8 slices bacon
- ¾ cup thousand island dressing
- ¼ cup finely chopped dill pickles
- ¼ cup finely chopped red onion
- 1 to 2 jalapeño chiles, seeded and chopped
- 2 pounds ground beef chuck
- Salt
- 8 slices American cheese
- 4 deli rolls, split and toasted
- 2 cups shredded iceberg lettuce
- One 20-ounce bag frozen sweet potato fries, prepared according to package directions

1. In a large skillet, cook the bacon over medium heat until crisp; transfer to a plate to drain. In a small bowl, stir together the dressing, pickles, onion and jalapeños. Crumble in the bacon.
2. Preheat a grill or grill pan to medium-high heat. Form the ground beef into 4 patties and season with salt. Add the patties to the grill and cook, turning once, for about 10 minutes for medium-rare. During the last few minutes of cooking, top the burgers with 2 slices of cheese each.
3. Divide the burgers among the roll bottoms and spoon the dressing on top. Pile high with the lettuce and fries and cover with the roll tops.



“My business partners, Chuck Fillari and Sebastian Fricia, and I are just three regular guys who love food and have fun making burgers. One day, Sebastian was playing around with an over-the-top riff on a Big Mac, with the wacky addition of sweet potato fries. He called it The Big Mess. I added jalapeños to give it a kick and changed the name to The Hot Mess. It caught on. People really enjoy saying it and, of course, eating it!”
—PAUL MALVONE,
BOSTON BURGER CO.



Paul wins the contest live on the Rachael Ray show!

Special thanks to reader Alison Santry from Boston, who nominated this burger!



Watch the contest unfold at rachaelraymag.com/march.

7 DAYS DINNERS

S M T W T F S

YOUR SHOPPING LIST

PRODUCE

- 5 lemons
- 2 limes
- 2 avocados
- 1 bunch celery
- 4 bell peppers
- 2 jalapeño chiles
- 2 pounds baby red-skinned potatoes
- One 5-ounce bag mixed greens
- One 5-ounce bag baby spinach
- 5 onions
- 1 bunch scallions
- 1 head garlic
- One 16-ounce package sliced white mushrooms
- 1 bunch flat-leaf parsley

DAIRY

- 1 pint half-and-half
- One 8-ounce container sour cream
- One 8-ounce container grated parmesan cheese
- One 4-ounce container blue cheese crumbles

FISH

- 4 skinless tilapia fillets (about 1¼ pounds)

MEAT

- 2 pounds ground beef
- One 12-ounce package bacon
- 1 pound chicken cutlets
- 8 bone-in chicken thighs (about 2 pounds)

BAKERY

- One 9.2-ounce package small flour tortillas

GROCERY

- One 12-ounce bottle buffalo sauce
- One 12-ounce bag dried egg noodles
- One 7.6-ounce box couscous
- Two 10-ounce bags orzo pasta
- Two 32-ounce containers chicken broth
- One 15-ounce can tomato sauce
- Three 15-ounce cans cannellini beans
- One 16-ounce bag frozen peas

Total Price: \$80.90

(Extra-virgin olive oil, salt and pepper are freebies.)

 Get a new menu planner every week at rachaelraymag.com/menu.

EVERYDAY MENU PLANNER MARCH 2011

SUNDAY

Baked Buffalo Chicken with Blue Cheese Salad



MONDAY

Chicken-and-Orzo Soup



TUESDAY

Beef-and-Mushroom Tacos with Avocado Salad



WEDNESDAY

Stewed White Beans with Spinach and Bacon



THURSDAY

Orzo Risotto with Spring Greens



FRIDAY

Tilapia with Bell Peppers and Parsley-Spiked Couscous



SATURDAY

Peppers 'n' Potatoes Beef Skillet Supper



What's for dinner tonight?

Take this shopping list to the store and you'll have seven nights' worth of easy meals for under \$100.

→ **plan it**

REVIVE limp celery by submerging it in ice water for 10 minutes.

SLICE the baked chicken and use as a sandwich filling along with the salad.

CUT back on fat by swapping in chicken breast for the thigh and tossing the salad in a lemon vinaigrette.



Baked Buffalo Chicken with Blue Cheese Salad

SERVES 4 **PREP 10 MIN** **BAKE 35 MIN**

- 8 bone-in chicken thighs (about 2 pounds)
- 1 onion, cut crosswise into 1/3-inch-thick rings
- 1/3 cup buffalo sauce, plus more for serving
- 1 tablespoon extra-virgin olive oil
- Salt and pepper
- One 4-ounce container blue cheese crumbles

- 6 tablespoons sour cream
- 2 tablespoons fresh lemon juice
- 2 cups chopped celery, with any leaves

One 5-ounce bag mixed greens

1. Preheat the oven to 400°. In a large bowl, combine the chicken, onion, 1/3 cup buffalo sauce and the olive oil; season with salt and pepper. Transfer to a foil-lined rimmed baking sheet. Bake, stirring the onion and turning the chicken halfway through, until the onion

is softened and browned and the chicken is cooked through, about 35 minutes.

2. Meanwhile, in a salad bowl, whisk together the blue cheese, sour cream and lemon juice; season with salt and pepper. Add the celery and mixed greens and toss. Top the salad with the baked chicken and onion. Serve with more buffalo sauce on the side.

Chicken-and-Orzo Soup

SERVES 4 PREP 10 MIN COOK 20 MIN

- 1 cup orzo pasta
 - 1 tablespoon extra-virgin olive oil
 - 1 pound chicken cutlets, cut into ½-inch pieces
- Salt and pepper
- 8 ounces sliced white mushrooms
 - 2 ribs celery, thinly sliced crosswise
- One 15-ounce can cannellini beans, rinsed
- 7 cups chicken broth
 - 3 tablespoons fresh lemon juice
 - ¼ cup flat-leaf parsley leaves

1. In a large pot of boiling, salted water, cook the orzo until al dente, 8 to 10 minutes; drain.

2. Meanwhile, in a large pot, heat the olive oil over medium-high heat. Add the chicken, season with salt and pepper and cook, stirring occasionally, until just cooked through, about 5 minutes. Add the mushrooms and celery and cook until the chicken is golden-brown, about 10 minutes.

3. Stir in the cooked orzo, the beans, chicken broth and lemon juice; season with salt and pepper. Lower the heat to medium and simmer until heated through. Stir in the parsley.

▶ plan it

SAVE 10 minutes: Cook the orzo for both tonight and Thursday, then refrigerate two-thirds in a resealable plastic bag.

VEG OUT by swapping in vegetable broth and cubed potatoes for the chicken broth and cutlets.

STIR in a can of crushed tomatoes and sprigs of thyme with the cooked orzo, and sprinkle the finished soup generously with parmesan cheese.




 > plan it

RINSE the raw onion reserved for the salad under cold running water to lessen the bite.

KICK UP the heat by leaving in the jalapeño seeds.

TOAST the tortillas directly over the burner of a gas stove; use tongs to turn them.

Beef-and-Mushroom Tacos with Avocado Salad

SERVES 4 PREP 10 MIN COOK 30 MIN

- 3 tablespoons extra-virgin olive oil
- 1 pound ground beef
- 1 onion, thinly sliced
- 2 jalapeño chiles—stemmed, seeded and finely chopped

Salt and pepper

- 2 avocados, cut into cubes
- ¼ cup fresh lime juice (1½ limes)
- 8 ounces sliced white mushrooms
- 3 cloves garlic, thinly sliced
- 8 small flour tortillas

1. In a large skillet, heat 2 tablespoons olive oil over medium-high heat. Add the beef, half of the onion and the jalapeños; season with salt and pepper. Cook until the beef is browned and the onion is softened, 7 to 10 minutes. Transfer to a bowl; reserve the skillet.

2. Meanwhile, in a large bowl, combine the remaining onion, the avocados and lime juice; season with salt and pepper.

3. In the reserved skillet, heat the remaining 1 tablespoon

olive oil over medium heat. Add the mushrooms and garlic, season with salt and pepper and cook until golden, 7 to 9 minutes; stir into the beef mixture and cover with foil to keep warm.

4. Wipe out the skillet and return to medium heat. Working with 1 tortilla at a time, lightly toast on both sides for about 1 minute. Stuff the tortillas with the beef mixture and avocado salad.

Stewed White Beans with Spinach and Bacon

SERVES 4 PREP 10 MIN COOK 30 MIN

- 8 slices bacon
- 1 pound baby red-skinned potatoes, cut into ½-inch cubes
- ½ onion, chopped
- Two 15-ounce cans cannellini beans, rinsed
- 1 cup chicken broth
- 2 tablespoons fresh lemon juice
- Salt and pepper
- 2 cups packed baby spinach
- 2 scallions, thinly sliced
- ½ cup grated parmesan cheese

1. In a large skillet, cook the bacon over medium heat, turning halfway through, until just crisp, 8 to 10 minutes; drain on a paper-towel-lined plate. Discard all but 2 tablespoons of the bacon grease from the skillet.
2. Return the skillet to medium-high heat, add the potatoes and cook, stirring occasionally, until golden, 6 to 8 minutes. Stir in the onion and cook until softened, about 5 minutes. Stir in the beans, chicken broth and lemon juice; season with salt and pepper. Simmer until the liquid is almost absorbed, about 7 minutes. Stir in the spinach and cook until just wilted, about 1 minute. Crumble the bacon on top and sprinkle with the scallions and parmesan.

plan it

OMIT the bacon and cook the vegetables in extra-virgin olive oil, and swap in vegetable broth for chicken broth, to make this vegetarian.

SERVE over a toasted and buttered baguette for an open-face sandwich.

STRETCH leftovers by thinning out the dish with chicken broth and adding cooked pasta or rice.



S M T W T F S

→ plan it

SAVE 10 minutes: Use the cooked orzo from Monday and use ½ cup chicken broth instead of reserved pasta cooking water.

TOSS leftovers with arugula to make a peppery pasta salad.

SKIP the onion and sauté the sliced white portions of the scallions instead.

Orzo Risotto with Spring Greens

SERVES 4 PREP 10 MIN COOK 15 MIN

- 2 cups orzo pasta
- 1 tablespoon extra-virgin olive oil
- ½ onion, finely chopped
- Salt and pepper
- 1 pint half-and-half
- 1½ cups grated parmesan cheese
- 1½ cups frozen peas
- 2 cups packed baby spinach
- 6 scallions, thinly sliced

1. In a large pot of boiling, salted water, cook the orzo until al dente, 8 to 10 minutes. Drain, reserving ½ cup of the pasta cooking water.
2. Meanwhile, in a large, deep skillet, heat the olive oil over medium heat. Add the onion, season with salt and pepper and cook until just golden, about 5 minutes. Stir in the half-and-half and ¾ cup parmesan cheese and simmer, whisking often, until just thickened, 2 to 3 minutes.
3. Stir in the cooked orzo, reserved pasta water and the peas; season with salt and pepper. Cook until warmed through. Remove from the heat and fold in the spinach and scallions. Serve sprinkled with the remaining ¾ cup parmesan cheese.



plan it

GRATE the lemon peel and stir it into the couscous.

DUST the tilapia with flour before cooking to give it a light crust.

MAKE fish tacos by serving the cooked tilapia and vegetables with warm flour tortillas and salsa.



Tilapia with Bell Peppers and Parsley-Spiked Couscous

SERVES 4 PREP 10 MIN COOK 15 MIN

One 7.6-ounce box couscous

½ cup plus 2 tablespoons chopped flat-leaf parsley

Salt and pepper

3 tablespoons extra-virgin olive oil

4 skinless tilapia fillets (about 1¼ pounds), patted dry

2 lemons, cut into wedges

2 bell peppers, cut into thin strips

1 onion, thinly sliced

1. In a small saucepan, bring 1½ cups salted water to a boil; remove from the heat, stir in the couscous, cover and let stand for 5 minutes. Using a fork, stir in ½ cup parsley, salt and pepper. Keep warm.

2. Meanwhile, in a large nonstick skillet, heat 2 tablespoons olive oil over medium-high heat. Season the fish with salt and pepper, add to the pan and cook, turning once, until golden-brown and just cooked through, 5 to 7 minutes. Transfer to a serving platter, squeeze a wedge of lemon over

each fillet and tent with foil to keep warm.

3. Using the same skillet, heat the remaining 1 tablespoon olive oil. Add the bell peppers and onion and season with salt and pepper; cook until softened and golden-brown, 6 to 8 minutes. Spoon the vegetables over the tilapia and sprinkle with the remaining 2 tablespoons parsley. Serve with the couscous and remaining lemon wedges.

plan it

SNIP the bacon into small pieces using sharp kitchen shears.

SKIP the noodles and pile onto hamburger buns for sloppy joes.

TOSS the noodles with sour cream and chopped dill and serve the beef mixture on top.



Peppers 'n' Potatoes Beef Skillet Supper

SERVES 4 PREP 10 MIN COOK 40 MIN

- 1 tablespoon extra-virgin olive oil
- 1 onion, chopped
- 1 pound ground beef
- Salt and pepper
- 4 slices bacon, chopped
- 1 pound baby red-skinned potatoes, quartered
- 2 bell peppers, cut into thin strips
- 1½ cups frozen peas
- One 15-ounce can tomato sauce
- One 12-ounce bag dried egg noodles

1. In a large, deep skillet, heat the olive oil over medium-high heat. Add the onion and cook until softened, about 3 minutes. Add the beef and cook, stirring occasionally, until browned, 5 to 7 minutes; season with salt and pepper. Transfer to a bowl.
2. In the same skillet, cook the bacon over medium heat until crisp, 4 to 5 minutes; drain on a paper-towel-lined plate. Add the potatoes to the pan and stir to coat with the rendered bacon grease; cover and cook until just tender, about 8 minutes. Stir in the bell peppers and cook until softened, 6 to 8 minutes. Stir in the reserved beef mixture, the peas, tomato sauce and 1 cup water; season with salt and pepper and cook until the potatoes are tender, 8 to 10 minutes.
3. Meanwhile, in a large pot of boiling, salted water, cook the egg noodles until al dente, 8 to 10 minutes; drain. Add the beef mixture; toss. Top with the bacon.

Noodling Around

This Seattle family gives pasta night a playful, healthful twist with whole grain noodles, pork, veggies and a ginger-soy sauce.

BY TRACEY SEAMAN | PHOTOGRAPH BY MARCUS NILSSON

Pork and Green Beans with Soba Noodles

SERVES 4 PREP 20 MIN COOK 10 MIN

Like it spicy? Add 1 teaspoon crushed red pepper to the pork marinade.

- One 12-ounce boneless pork loin, thinly sliced into long slivers
 ¼ cup soy sauce
 3 cloves garlic, finely grated
 1 tablespoon grated fresh ginger
 2 teaspoons cornstarch
 One 8-ounce package soba noodles
 2 tablespoons vegetable oil
 One 1-pound bag frozen french-cut green beans
 3 carrots, shredded
 ¼ cup chopped salted, roasted cashews

1. In a medium bowl, combine the pork, 2 tablespoons soy sauce, the garlic, ginger and cornstarch.
2. In a pot of boiling water, cook the noodles according to package directions; drain. Rinse with cold water until cool.
3. Meanwhile, in a wok, heat the oil over high heat. Add the pork and stir-fry for 1 minute. Lower the heat to medium and add 1 cup water, the green beans and remaining 2 tablespoons soy sauce. Simmer until the sauce has thickened slightly, 3 to 5 minutes.
4. Add the carrots and noodles to the wok and toss until heated through, about 2 minutes. Divide among 4 plates and sprinkle the cashews on top.



yum-o!

try this at your house

What if your kids aren't as adventurous as the Turcottes? Our super-simple ideas can turn kiddie favorites into grown-up meals—so you can all eat happily together!


- ➔ Wrap **fish sticks** or **chicken fingers** in flour tortillas, along with chopped avocado and tomato.
- ➔ Load **hot dogs** with shredded lettuce mixed with hot sauce and blue cheese; serve with celery sticks.
- ➔ Toss **potato wedges** with olive oil and sea salt, plus chopped garlic, rosemary or thyme, and bake at 450° for 45 minutes.
- ➔ Top **pizza** with an arugula salad or one made with baby spinach and cucumber tossed in vinaigrette.

For more ways to help your family build healthier relationships with food and cooking, visit yum-o.org.

why it's our family favorite

Faye Turcotte, 5, and her 4-year-old brother, Owen, don't need coaxing to try new foods: chicken marsala with gnocchi, spaghetti with clams, and dim sum are some of their favorite meals. How'd they get to be such bold eaters? Mom Anita and dad Joe have always made it a point to get the kids involved in the kitchen. "We include them in the meal planning and cooking process; it's a great way to spend time as a family while learning about different foods," Anita says. This month they tried Pork and Green Beans with Soba Noodles. The grown-ups appreciated how quickly and easily the meal came together, and the kids loved the Asian flavors—a win-win all around. —SARAH ZORN



A roll of white toilet paper is mounted on a gold-colored metal holder against a white marble wall. The holder has a curved top bar and two side supports. The toilet paper is partially unrolled, and a message is printed on the hanging sheet.

**YOUR
NIECE
IS
ABOUT
TO SAY,
'I DO'**

(And you're in here. Again.)

Maybe today is the day to talk to your doctor about overactive bladder.

Ready to take a vow to do something about your overactive bladder symptoms? Ask your doctor about prescription Toviaz® (fesoterodine fumarate), the once-daily pill that significantly reduces sudden urges and accidents over 24 hours.*

Plus, Toviaz comes with a plan, with tips on food and drink choices and exercises to help you train your bladder. Make a commitment to learn more about the symptoms of overactive bladder and Toviaz.

Ask if Toviaz is right for you.

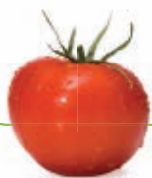
Toviaz treats the symptoms of overactive bladder (leaks, strong, sudden urges to go, going too often).

**Results may vary*

The plan can help you manage overactive bladder symptoms:

.....

Did you know acidic fruits and vegetables such as tomatoes and citrus fruits may irritate your bladder?



Important Safety Information

If you have certain stomach problems, glaucoma, or cannot empty your bladder, you should not take Toviaz.

Medicines like Toviaz can cause blurred vision, drowsiness, and decreased sweating. Use caution when driving, doing unsafe tasks, or in especially hot environments, until you know how Toviaz affects you. Drinking alcohol while taking medicines such as Toviaz may cause increased drowsiness.

The most common side effects are dry mouth and constipation.

Toviaz has benefits and risks. There may be other options.

You're encouraged to report negative side effects of prescription drugs to the FDA. Visit www.FDA.gov/medwatch or call 1-800-FDA-1088.

 **Toviaz**[®]
fesoterodine fumarate
extended release tablets 4mg and 8mg

 Please see Important Product Information on back. For a **FREE TRIAL** offer, visit Toviaz.com or call 1-877-TOVIAZ-9.

IMPORTANT FACTS

Toviaz[®]
fesoterodine fumarate
extended release tablets 4mg and 8mg

(TOH-vee-as)

ABOUT OVERACTIVE BLADDER

Overactive bladder happens when the bladder muscle squeezes too often or when you don't want it to. You may have wetting accidents (urge urinary incontinence). You may have a strong need to urinate right away (urgency). You may also have to go too often (frequency).

WHO IS TOVIAZ FOR?

Who can take TOVIAZ?

Adults 18 years and older with symptoms of overactive bladder. TOVIAZ has not been studied in children.

Who should not take TOVIAZ?

Do not take TOVIAZ if you:

- Are not able to empty your bladder (urinary retention).
- Your stomach empties slowly (gastric retention).
- Have an eye problem called "uncontrolled narrow-angle glaucoma."
- Are allergic to TOVIAZ or any of its ingredients.

BEFORE YOU START TOVIAZ

Tell your doctor about all your medical conditions, including:

- Stomach or intestinal problems or problems with constipation.
- Problems emptying your bladder or if you have a weak urine stream.
- Treatment for an eye problem called narrow-angle glaucoma.
- Kidney problems.
- Liver problems.
- A condition called myasthenia gravis.
- If you are pregnant or trying to become pregnant.
It is not known if TOVIAZ can harm your unborn baby.
- If you are breastfeeding. It is not known if TOVIAZ passes into your breast milk or if it can harm your baby.

Before starting on TOVIAZ, tell your doctor about all the medicines you take, including prescription and nonprescription medicines, vitamins and herbal products. TOVIAZ may affect the way other medicines work, and other medicines may affect how TOVIAZ works. Especially tell your doctor if you are taking antibiotics or antifungal medicines.

POSSIBLE SIDE EFFECTS OF TOVIAZ

The most common side effects are:

- Dry mouth
- Constipation

TOVIAZ may cause other less common side effects, including:

- Dry eyes
- Trouble emptying the bladder

These are not all of the possible side effects of TOVIAZ.

For a complete list, ask your doctor or pharmacist.

HOW TO TAKE TOVIAZ

- Take TOVIAZ exactly as your doctor tells you.
- Your doctor may give you the lower 4 mg dose of TOVIAZ if you have certain medical conditions, such as severe kidney problems.
- Take TOVIAZ with liquid and swallow the tablet whole. Do not chew, divide or crush the tablet.
- You can take TOVIAZ with or without food.
- If you miss a dose of TOVIAZ, begin taking TOVIAZ again the next day. Do not take two doses of TOVIAZ in the same day.

Things you should keep in mind when taking TOVIAZ:

- Use caution in driving, operating machinery, or doing other dangerous activities until you know how TOVIAZ affects you. Blurred vision and drowsiness are possible side effects of medicines such as TOVIAZ.
- Use caution in hot environments. Decreased sweating and severe heat illness can occur when medicines such as TOVIAZ are used in a hot environment.
- Drinking alcohol while taking medicines such as TOVIAZ may cause increased drowsiness.

What is TOVIAZ?

TOVIAZ is a prescription medicine used in **adults** to treat symptoms of a condition called **overactive bladder**, including:


- Urge urinary incontinence—leaking or wetting accidents due to a strong need to urinate.
- Urinary urgency—having a strong need to urinate right away.
- Urinary frequency—having to urinate too often.

NEED MORE INFORMATION?

- This is only a summary of important information. Ask your doctor or pharmacist for complete product information.
- Go to www.Toviaz.com.
- Call 1-877-9-TOVIAZ.

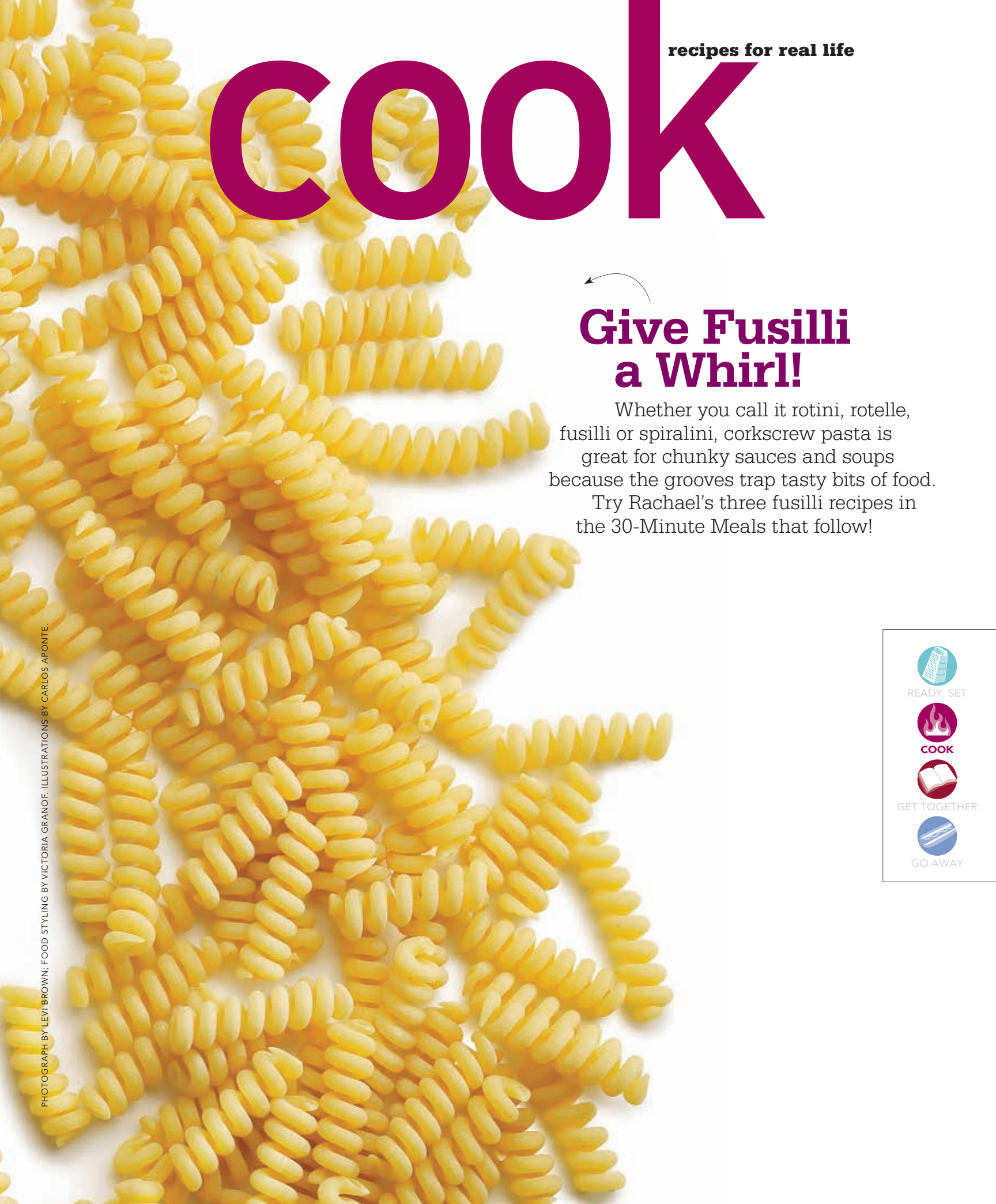
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recipes for real life

cook

Give Fusilli a Whirl!

Whether you call it rotini, rotelle, fusilli or spiralini, corkscrew pasta is great for chunky sauces and soups because the grooves trap tasty bits of food.

Try Rachael's three fusilli recipes in the 30-Minute Meals that follow!

PHOTOGRAPH BY LEVI BROWN; FOOD STYLING BY VICTORIA GRANOF; ILLUSTRATIONS BY CARLOS APONTE.



READY, SET



COOK



GET TOGETHER



GO AWAY

30

MINUTE MEALS

Peas-and-Carrots Soup with Dumplings

Fusilli with Crispy Kale and Ricotta

Quick Lamb-and-Olive Sauce with Fusilli

White Minestrone with Fusilli

Chorizo-Tortilla Tortillas

French Bread Pissaladière

Roasted Ratatouille with Honey Polenta

Rigatoni with Grilled Beef and Gravy

Sloppy Maple-BBQ Turkey Joes

Chicken Thighs with Smoky Roasted Peppers

web

Get Rachael's 30-Minute Meals and other quick, easy recipes at rachaelraymag.com/30.



Ward off the season's chill with my quick pastas (fun curlicue fusilli is the star of three of them), main-dish sandwiches, warming soups and more.

BY RACHAEL RAY



MEAT-FREE

Peas-and-Carrots Soup with Dumplings

SERVES 4

- 2 tablespoons EVOO (extra-virgin olive oil)
- 3 tablespoons butter
- 3 carrots—peeled, halved lengthwise and thinly sliced
- 1 rib celery, chopped
- 1 medium onion, chopped

Salt and pepper

- 1 fresh bay leaf
- 2 rounded tablespoons flour
- One 32-ounce container (4 cups) chicken or vegetable stock
- 1 rounded tablespoon dijon mustard

- 1 cup frozen peas
- 2 tablespoons finely chopped fresh tarragon, dill or parsley
- One 8-ounce box biscuit mix (about 2 cups), such as Jiffy Buttermilk Biscuit Mix, batter prepared according to package directions

Heat a couple of tablespoons EVOO, 2 turns of the pan, over medium-high heat in a large soup pot or dutch oven. Add the butter to melt, then add the carrots, celery and onion; season with salt, pepper and the bay leaf. Cover the pot and cook, stirring occasionally, until the carrots soften, 7 to 8 minutes. Sprinkle the flour on

the vegetables and stir for a minute, then whisk in the chicken (or vegetable) stock until thickened. Stir in the mustard and peas. For a thinner soup, add 1 to 1½ cups water with the stock.

Add the chopped fresh herbs to the biscuit batter and combine. When the soup is bubbling, form the batter into small dumplings using 2 spoons, then drop onto the surface of the soup. Cover the pot with a tight-fitting lid and cook the dumplings, gently stirring, until just firm, 8 to 10 minutes. Transfer the soup and dumplings to shallow bowls; discard the bay leaf.



FUN
with
FUSILLI!

Fusilli with Crispy Kale and Ricotta

SERVES 4, WELL

1 pound cavolo nero (also called black, tuscan, dinosaur or lacinato kale) or curly kale—stemmed, washed and dried

About 5 tablespoons EVOO (extra-virgin olive oil)

Salt and pepper

1 pound short or long fusilli pasta or curly spaghetti (look for an imported italian pasta)

1 pound hot or sweet italian bulk sausage (optional)

3 to 4 cloves garlic, finely chopped

1 small italian red chile pepper or 1 fresno chile pepper, seeded and finely chopped

About 2 tablespoons fresh thyme leaves, chopped

A couple of small sprigs rosemary, finely chopped

About 1½ cups fresh sheep's- or cow's-milk ricotta cheese

Freshly grated nutmeg

Shaved pecorino-romano cheese

Preheat the oven to 400°. Dress the kale lightly with a couple of tablespoons EVOO; season with salt and pepper. Arrange on 2 baking sheets and bake for about 15 minutes, rotating and switching the pans midway through.

Bring a pot of water to a boil, salt it, add the pasta and cook until al dente. Drain and return the pasta to the pot, reserving 1 cup of the pasta cooking water.

Once the pasta water is boiling, if using the sausage, in a large skillet, drizzle 1 tablespoon EVOO over medium-high heat. Add the sausage, crumbling the meat, and cook until browned. Using a slotted spoon, transfer to a plate.

If you're skipping the sausage, heat the skillet to medium. Add the remaining 2 tablespoons EVOO, a couple of turns of the pan, to the skillet and reduce the heat to medium-low. Add the garlic and chile pepper to the skillet and stir for a couple of minutes. Stir in the thyme and rosemary.

Whisk the reserved pasta cooking water into the garlic oil, then pour over the pasta. Add half of the crispy kale, the sausage (if using), ricotta and some nutmeg; toss vigorously to coat the pasta. Season with salt, pepper and nutmeg to taste. Serve in shallow bowls and top with the pecorino-romano and piles of the remaining crispy kale.

Make this recipe with or without sausage, as either a meat-free vegetarian entrée or an extra-hearty comfort classic. Substitute the kale with blanched, roasted broccoli rabe for another version.



30

**MINUTE
MEALS**

**Quick Lamb-and-Olive
Sauce with Fusilli**

SERVES 4

- 1 red bell pepper
- 1 tablespoon EVOO (extra-virgin olive oil)
- 1 pound ground lamb, patted dry
- ½ carrot, finely chopped or grated
- 1 medium onion, finely chopped
- 3 to 4 cloves garlic, finely chopped
- 2 sprigs rosemary, finely chopped
- Salt and pepper

Pinch ground cloves

- 1 fresh bay leaf
- 1 teaspoon orange zest

About ¼ cup tomato paste

About ¾ cup white wine

- 1 cup chicken stock
- ½ cup whole milk
- ¼ cup pitted green olives, chopped
- 1 pound short or long fusilli pasta or curly spaghetti (look for an imported italian pasta)

Pecorino-romano cheese, for serving
¼ cup pistachios or almonds, toasted and chopped, for garnish

Char the bell pepper under the broiler or over an open flame until blackened all over. Transfer to a bowl, cover and let cool, then peel, seed and chop.

In a dutch oven, heat the EVOO, 1 turn of the pan, over high heat until

smoking. Add the lamb and brown well. Add the carrot, onion, garlic and rosemary; season liberally with salt and pepper. Stir in the cloves, bay leaf and orange zest. Once the onion has softened, add the tomato paste and stir until fragrant, 1 minute or so. Stir in the wine to deglaze the pot. Add the stock, milk, olives and bell pepper. Lower the heat and simmer.

Meanwhile, bring a large pot of water to a boil, salt it, add the pasta and cook until al dente. Drain, reserving a cup of the pasta cooking water. Remove the bay leaf from the sauce, then toss the pasta with the sauce, adding enough of the pasta cooking water to coat the pasta evenly. Serve the pasta in shallow bowls with the pecorino-romano and chopped nuts.

**FUN
with
FUSILLI!**

White Minestrone with Fusilli

SERVES 4

- 5 to 6 tablespoons EVOO (extra-virgin olive oil)
- ¼ pound pancetta, chopped (optional)
- 1 large bulb fennel, quartered and thinly sliced, plus a handful fronds, chopped
- ½ small head savoy cabbage, thinly sliced or chopped
- 1 onion, quartered lengthwise and thinly sliced
- 4 cloves garlic, sliced or chopped
- Salt and pepper
- A couple of scant handfuls freshly grated parmigiano-reggiano cheese, plus the rind for the stock and a hunk for shaving at the table

- 1 large fresh bay leaf
- 6 cups chicken or vegetable stock
- One 14-ounce can white beans, rinsed
- 1 cup short fusilli pasta
- ½ to ¾ cup frozen green peas (a couple of small handfuls)
- 1 cup packed fresh herbs (mix any two: tarragon, basil, parsley, mint)
- 3 tablespoons pine nuts, toasted
- Juice of ½ small lemon

Heat a couple of tablespoons EVOO, 2 turns of the pan, over medium-high heat in a large soup pot or dutch oven. Add the pancetta, if using, and cook until lightly browned. Add the sliced fennel, cabbage, onion and garlic; season with salt and pepper. Throw in the parmigiano-reggiano rind and bay leaf, cover the pot and sweat the fennel

and cabbage, stirring occasionally, for 5 minutes. Add the chicken (or vegetable) stock and the beans and bring to boil. Stir in the fusilli and cook until just about al dente. Stir in the peas, turn off the heat and let stand for 5 minutes. Discard the cheese rind and bay leaf. Season with salt and pepper to taste.

Meanwhile, using a food processor, pulse the packed herbs, fennel fronds, pine nuts, lemon juice, grated cheese, remaining 3 to 4 tablespoons EVOO and salt and pepper into a pesto.

Serve the soup in shallow bowls with spoonfuls of the pesto for mixing in. Pass the hunk of cheese for grating at the table.



FUN
with
FUSILLI!



30

**MINUTE
MEALS**

Chorizo-Tortilla Tortillas

SERVES 4

- 2 tablespoons EV00 (extra-virgin olive oil)
 - 1/3 pound cured chorizo, casings discarded and meat chopped
 - 4 plum tomatoes, seeded and chopped
 - 1 medium onion, chopped
 - 4 cloves garlic, chopped
 - 1 red bell pepper, seeded and chopped, or 3 drained spanish piquillo peppers, chopped
 - 1 red chile pepper, such as a fresno, thinly sliced
- Salt and pepper
- A handful cilantro or flat-leaf parsley, chopped
- 4 handfuls unsalted thin yellow or blue tortilla chips, such as Xochitl brand, lightly crushed
 - 12 extra-large eggs, beaten

1 1/2 cups shredded young manchego or monterey jack cheese
Hot sauce, to pass around the table

Preheat the oven to 425°. In a 10-inch, ovenproof nonstick skillet, heat the EV00, 2 turns of the pan, over medium-high heat. Add the chorizo and lightly brown, 2 to 3 minutes. Add the tomatoes, onion, garlic, bell pepper, chile pepper, salt and pepper; cook for 5 minutes. Scatter in the cilantro (or parsley) and tortilla chips. Add the eggs and season with salt and pepper. Stir to combine; let the eggs settle, then cook until set at the edges (some of the tortilla chips will pop up).

Transfer the tortilla to the oven and bake until cooked through, 15 to 18 minutes. Turn the oven to broil. Top the tortilla with the cheese and melt under the broiler. Pass the hot sauce at the table.

Spanish tortillas—aka frittatas or omelets—are a super-affordable lunch or breakfast. This one is a mash-up of migas eggs (a Spanish breakfast dish made with fried breadcrumbs) and a chorizo tortilla.

Sandwich Night: French Bread Pissaladière

SERVES 4

Serve this with a spinach or arugula salad.

- 3 tablespoons EVOO (extra-virgin olive oil)
- 6 anchovy fillets
- 3 large or 4 medium onions, sliced
- 4 cloves garlic, chopped or thinly sliced
- 1 tablespoon chopped fresh thyme or 1 teaspoon ground thyme

About ½ teaspoon dried oregano

Salt and pepper

One 24-inch loaf crusty french bread, halved lengthwise and crosswise (or buy 2 smaller loaves to yield 4 individual foot-long sections)

2 cups shredded gruyère or fontina val d'aosta cheese (from a 10-ounce brick)

½ cup grated parmigiano-reggiano cheese

Preheat the oven to 325°. In a large skillet, heat the EVOO, 3 turns of the pan, with the anchovies over medium heat until the anchovies are melted.

Add the onions and garlic; season with the thyme, oregano and pepper. Increase the heat a bit and cook the onions, stirring frequently, until light caramel in color, about 20 minutes; season with salt.

Meanwhile, toast the bread on a baking sheet in the oven for 8 to 10 minutes.

Preheat the broiler. Top the toasted bread evenly with the onions and 2 cheeses. Brown under the broiler for 1 to 3 minutes.

Lazy Cooking 101: Roasted Ratatouille with Honey Polenta

SERVES 4

- 1 medium, firm eggplant, cut into a bite-size dice
- 2 small, firm zucchini, cut into a bite-size dice
- 4 plum tomatoes, chopped
- 1 large red onion, chopped
- 1 cubanelle chile pepper, seeded and chopped
- 1 red bell pepper, seeded and chopped
- 4 cloves garlic, crushed or sliced

A few sprigs thyme, chopped

A few sprigs rosemary, chopped

EVOO (extra-virgin olive oil), for liberal drizzling

Salt and pepper

1½ cups whole or 2 percent milk

1½ cups chicken or vegetable stock

1 cup quick-cooking polenta

⅓ to ½ cup grated parmigiano-reggiano cheese (a couple of scant handfuls)

2 tablespoons honey

2 tablespoons butter

A handful fresh basil, thinly sliced or torn

Preheat the oven to 450°. Add the eggplant, zucchini, tomatoes, onion, chile pepper, bell pepper, garlic, thyme and rosemary to a rimmed baking sheet as you chop them. Drizzle with enough EVOO to coat (about ¼ cup); season liberally with salt and pepper. Roast until just tender, 18 to 22 minutes.

Meanwhile, in a large saucepan, heat the milk and chicken (or vegetable) stock. Whisk in the polenta and cook, stirring, until creamy and thick, 2 to 3 minutes. Turn off the heat and stir in the cheese, honey and butter; season with salt and pepper.

Serve the ratatouille on a bed of the polenta and top with the basil.



French Bread Pissaladière



Roasted Ratatouille with Honey Polenta



30

MINUTE
MEALS



Rigatoni with Grilled
Beef and Gravy

Rigatoni with Grilled Beef and Gravy

SERVES 4

- 2 flatiron steaks (1 pound total), at room temperature
- Salt and coarse black pepper
- 2 tablespoons EVOO (extra-virgin olive oil), plus more for drizzling
- 1 pound rigatoni pasta
- 1 small onion, finely chopped
- 1 small rib celery, finely chopped
- 1 small carrot, finely chopped
- 3 to 4 cloves garlic, finely chopped
- 2 small sprigs rosemary, finely chopped
- 2 tablespoons tomato paste
- About 1½ cups beef stock
- ½ cup dry red wine
- About ½ teaspoon worcestershire sauce
- Shaved pecorino-romano cheese
- ½ cup chopped flat-leaf parsley

Season the steaks liberally with salt and pepper. Preheat a large cast-iron skillet or griddle over high heat. Drizzle

the steaks with EVOO and cook, turning once, for 8 to 10 minutes for pink centers. Let the meat rest until cool enough to handle, then slice very thinly on a diagonal.

Bring a large pot of water to a boil, salt it, add the pasta and cook until al dente. Drain, reserving a cup of the pasta cooking water.

Meanwhile, in a large skillet, heat 2 tablespoons EVOO, 2 turns of the pan, over medium-high heat. Add the onion, celery, carrot and garlic; season with the rosemary, salt and pepper. Cook until the vegetables are softened, 5 to 6 minutes. Stir in the tomato paste for 1 minute to wake up the aroma and flavor. Stir in the beef stock, wine and worcestershire; lower the heat and simmer.

Drop the sliced meat into the gravy, then add the pasta with a splash of the reserved pasta water to combine. Serve in shallow bowls and top with a drizzle of EVOO, the cheese and parsley.

Sloppy Maple-BBQ Turkey Joes

MAKES 8 SLOPPY SAMMIES

- 1 tablespoon EVOO (extra-virgin olive oil)
- 1½ pounds ground turkey or ground turkey breast
- 1 tablespoon poultry seasoning (a scant palmful)
- Salt and pepper
- 1 small red bell pepper, chopped
- 1 small onion, chopped
- 2 cloves garlic, finely chopped
- 1 cup tomato sauce
- ¼ cup dark amber pure maple syrup
- About 3 tablespoons soy sauce
- About 2 tablespoons cider vinegar
- About 2 tablespoons brown sugar
- 1 rounded tablespoon dijon mustard
- 8 soft burger rolls, split
- Shredded cheddar or pepper jack cheese, chopped
- scallions and chopped pickles, for topping

In a large skillet, heat the EVOO, 1 turn of the pan, over medium-high heat. Add the turkey and season with the poultry seasoning, salt and pepper. Cook until browned, then stir in the bell pepper, onion and garlic and cook until the vegetables are tender, 5 to 6 minutes. In a bowl, stir together the tomato sauce, maple syrup, soy sauce, vinegar, brown sugar and mustard. Pour the sauce over the meat and simmer over medium-low heat for a few minutes to combine the flavors. Serve the sloppy turkey on the rolls with the toppings.



Sloppy Maple-BBQ
Turkey Joes

Chicken Thighs with Smoky Roasted Peppers

SERVES 4

- 4 bell peppers (2 red, 1 yellow, 1 green)
- 2 pounds trimmed skinless, boneless chicken thighs

Salt and pepper

Flour, for coating

- 3 tablespoons EVOO (extra-virgin olive oil)

- 1 teaspoon fennel seeds (about $\frac{1}{3}$ palmful)

- 4 cloves garlic, thinly sliced

- 1 italian cherry or fresno chile pepper, thinly sliced

- 1 cup white wine

One 28-ounce can italian plum tomatoes and their juices

Warm, crusty bread, such as ciabatta

Char the bell peppers under the broiler or over an open flame. Transfer to a bowl, cover and let cool. Peel the skins with paper towels, leaving a little char on the peppers for a smoky flavor, then seed and slice the peppers lengthwise into 1-inch strips.

Meanwhile, season the chicken with salt and pepper and coat in the flour. Heat 2 tablespoons EVOO, 2 turns of the pan, in a large skillet with a tight-fitting lid over medium-high heat. Add the chicken and brown on each side, 5 to 6 minutes total. Transfer to a plate. Add the remaining 1 tablespoon EVOO, 1 turn of the pan, then stir in the fennel seeds, garlic and chile pepper for a minute or two. Add the wine and deglaze the pan. Add the tomatoes and mash them. Season the sauce with salt and pepper, then cook at a rapid bubble until reduced, about 5 minutes. Lower the heat to medium, stir in the chicken and peppers, cover and cook for 5 minutes to finish cooking the chicken. Uncover, stir and serve from the pan with lots of the bread for mopping.





COOKING
YOUR BURNING
QUESTIONS...
ANSWERED

by the Every Day with Rachael Ray test kitchen team!

When you have another “not again!” moment at the stove, don’t you wish there was a genius standing right next to you to tell you how to fix it? Well, invite over the *Every Day* test kitchen cooks! Here, they draw upon **70 years’ worth of chopping, shopping and tasting experience to solve the cooking problems you ask us about most often.**

PHOTOGRAPHY BY LISA SHIN



MY MARKET'S HIT OR MISS WITH FRESH HERBS. WHAT'S A GOOD RULE OF THUMB FOR USING DRIED INSTEAD OF FRESH?

In general, use one-third the amount of dried herbs to replace chopped fresh. So if a recipe calls for 1 tablespoon chopped fresh thyme, use 1 teaspoon dried. To release the most flavor, add dried herbs toward the beginning of cooking. One caveat: Cilantro, basil and parsley are so tender and delicate, they lose their flavor when dried. If you don't have these fresh leaves on hand, just omit them and add more salt and pepper for flavor. —Diana Sturgis, test kitchen director

Q Do I really *need to let meat rest* before slicing and serving it?

You should. When meat is hot, its proteins are tight, and all the juices get pushed to the middle. Letting the meat rest for a few minutes allows the proteins to relax (which makes it more tender) and evenly distributes the juices. Resting time depends on meat size: A whole turkey might need 20 minutes, while a steak that serves two will only need 8 to 10 minutes. If you're worried about it getting cold during that time, keep it warm by loosely tenting it with foil. —Diana



I USUALLY COOK BONELESS CHICKEN BREASTS, BUT I'VE HEARD THAT BONE-IN CHICKEN BREASTS TASTE BETTER. IS THAT TRUE?

It's true! Any meat that's cooked on the bone is going to be juicier and more flavorful. But there's a catch: Bone-in cuts of meat can take twice as long as boneless to cook. So if you're crunched for time during the busy week, boneless chicken and chops are the smart choices.

—Tracey Seaman, test kitchen director

Q Rachael's recipes often say you should *reserve some pasta cooking water* to use in the sauce. Can't I just use regular water?

Not really. The cooking water has starch in it from the pasta. When you add it to sauce, the sauce thickens and clings better to the pasta. To reserve some, use a ladle or dunk a glass measuring cup in the pot before you strain the pasta. Mix it into your sauce a few tablespoons at a time until you're happy with the consistency. —Katie Barreira, senior test kitchen associate

Q I can't always find parmigiano-reggiano cheese at my grocery store. What *other cheeses* can I use instead?

You can use another hard, aged cheese that's good for grating. In the test kitchen, we love grana padano, which is cheaper, milder and melts a bit easier than parmigiano-reggiano; asiago, which is sharp yet buttery; and pecorino-romano, which has a more pungent flavor. And last, a shopping tip from Rach: If you see parmesan cheese in your grocery store, make sure the word "reggiano" is on the label—this means it's an authentic Italian cheese (otherwise, it's imitation, and nowhere near as delicious!). —Katie

Q I've heard that most home cooks *only need a few knives*. What should I buy?

The single most important one is a chef's knife (between 8 and 12 inches long). It will be your workhorse: You'll use it to chop onions, smash garlic, halve melons...you name it. Next up is a serrated knife, which uses a sawing motion to cut through delicate foods like tomatoes and bread without smashing them. Last, buy a paring knife for all those handheld tasks, like hulling strawberries and taking eyes out of potatoes.

—Katie



DOES IT MATTER WHAT TYPE OF MILK I USE WHEN THE RECIPE DOESN'T SPECIFY? I ONLY KEEP SKIM MILK AT HOME.

Although I drink lots of skim milk, I don't recommend cooking with it. It's missing a key ingredient—fat!—that affects the flavor and texture of a dish. If the recipe doesn't otherwise specify, use whole milk: It will make baked goods moist and sauces silky.

—Tracey

Q Any advice on how to *keep dishes warm* and get everything on the table at the same time when you're cooking for a big group?

If I'm expecting a crowd, I take the stress off myself by serving some room-temperature or cold dishes, like roasted veggies or salads. Any hot dishes that won't dry out (mashed potatoes or a pasta bake, for example) go in a warm oven or in a double boiler on the stovetop (a good option if you don't have a lot of oven space); this lets me focus on items that need to be served piping hot, like gravy. Also, put empty plates (if they're oven-safe) in the oven for a few minutes before dinner. Food stays hot longer on a warm plate! —Tracey

Q *Saffron is pricey*, but Rachael uses it in many of her recipes. Any suggestions for a substitution?

It's worth the splurge—nothing else resembles the lightly mineral flavor of saffron. Plus, a little goes a long way, and it will keep for months. In a pinch, you can use turmeric (which has a harsher taste) to give your dish a yellow hue. —Diana

Q My mother always had a jar of pre-minced garlic in the fridge, so I've *never cooked with fresh garlic*. Does it really taste that different?

Yes! Please give fresh garlic a try—it's one of Rach's favorite ingredients, and with good reason. Garlic starts to lose flavor and texture once it's chopped; fresh whole garlic, meanwhile, is protected by its outer skin, so it's more delicious (and nutritious). Rach has lots of time-saving tips for prepping garlic: If you lightly smash a clove with the flat part of a knife, the skin will come right off. Then toss it in your olive oil while you sauté, run it around the inside of a salad bowl before adding greens, or rub it on toast (yum!). If a recipe calls for finely chopped, scrape the clove along a fine-mesh grater (just watch your fingers). —Katie

Q *I can't find arugula* at my local grocery store. Do you have any other recommendations for salads and sides?

Arugula has small, tender leaves and a peppery flavor; I'd say that watercress comes closest. Dandelion greens would also work, but I'm guessing they'll be harder to find than arugula! You can mix it up—most any dark, leafy green will do. —Diana

WHAT DISHES SHOULD GO IN THE MIDDLE OF THE OVEN AND WHAT SHOULD I PUT ON THE LOWER RACK?

Roasted veggies, casseroles and other dishes that you want to be golden-brown on top should go on the highest oven rack, while items that you want to brown on the bottom, such as pizza, should be placed on the lowest rack. Cookies, bread and other baked goods do best in the middle of the oven to get the most even heat. (Tip: Rotate the pans to avoid overbrowning if your oven has hot spots.) —Tracey

Q *Meat always sticks to the pan* when I try to sear it. What am I doing wrong?

Chances are you're not letting your pan get hot enough, so your meat isn't caramelizing—which means it's sticking to the pan because it's not getting a golden-brown crust. Heat a large, heavy skillet over medium-high heat for at least five minutes. (Don't use a nonstick pan for this purpose; because it has a special coating, it shouldn't be preheated when empty.) Then pour in some oil; as soon as it starts to shimmer, add your meat in batches (to avoid overcrowding the pan). It'll be tempting to move the meat around or lift it to see how it's doing, but the secret to a nice sear is to leave it undisturbed for at least two minutes per side. —Diana

Q *I hate onions!* Can I just leave them out when cooking, or is there something else I can use that will give me the same texture?

If onion is the main ingredient in a dish—an onion tart, for example—I wouldn't bother making the recipe, because there isn't another ingredient that comes close to the exact taste and texture of an onion. But if you're cooking something like chili, where onion is used as an aromatic—the backbone or base flavoring of a dish—you can sauté other aromatics instead, such as celery, fennel, carrots or garlic. —Katie

Q Can I *leave wine out* of a recipe?

Yes, you can just use the same amount of whatever other liquid the recipe calls for. If you're making risotto, for example, add more chicken broth or water. If there aren't other liquids in the dish, replace the alcohol with a splash of something acidic, like lemon juice or cider vinegar. (If there's cream in the recipe, however, it will curdle, so in those cases just omit the liquid altogether.) —Tracey

Q If a recipe calls for coarse salt, *can I just use table salt?*

No. Table salt grains are a lot smaller than coarse salt grains—so a teaspoon of table salt is a lot more potent than a teaspoon of coarse salt. You don't have to invest in fancy sea salt; kosher salt is an affordable coarse type that works well in most recipes. If you only have table salt handy and the recipe calls for coarse, start by putting in half as much table salt, and taste the dish from there. —Tracey

I WOULD LIKE TO DO MORE DEEP-FRYING BUT HATE THROWING OUT ALL THAT OIL. CAN I REUSE IT?

If you fried something with a strong flavor, like fish, toss it. Otherwise, you can generally use deep-frying oil up to three times. Let it cool in the pan, then pour it into a container. If there's sediment in the oil (like bits of fried food), pour it through a fine-mesh strainer. Each time you fry with the oil, it will darken. Once it's two or three shades darker or starts to develop a rancid, "off" smell, discard it. (But don't pour it down the sink, because it can clog your pipes!) —Katie

Q Can I *reuse my parchment paper?*

Yes, you can usually reuse it at least once. Eventually it will dry out—when it starts to darken, toss it. —Diana

WHEN A RECIPE CALLS FOR JUST BUTTER, SHOULD I USE SALTED OR UNSALTED?

When baking, you generally want to use unsalted butter. I usually prefer cooking with unsalted butter, too—it gives me more control over how salty the final dish tastes, since I'm adding all the salt myself. That said, I love having salted butter at the table to spread on fresh bread! —Tracey



Q When I make hot *soup in the blender*, it splatters everywhere. Help!

To keep splattering to a minimum, put the solid ingredients in first and add just a bit of liquid. Blend everything together, then pour the rest of the liquid through the lid opening in a slow stream while the blender runs on low speed. Make sure you don't overfill the blender. The best thing to do is work in batches. The same goes for your food processor, which does a nice job of pureeing. —Katie

Q What cooking staples can be *kept in the freezer?*

Freeze chicken stock and pesto in ice cube trays—then just pop them out to use in soups and sauces. Nuts stay fresh longer in the freezer and defrost quickly. And I always have a loaf of bread for breadcrumbs. —Tracey

Q *Nutmeg* looks like a nut—do I have to remove its shell?

No, just rub it on a grater to get the fragrant spice. Rach uses it in everything from waffles to pasta! —Katie

meatless mains

YOU'RE
GONNA
NEED
STEAK
KNIFE

These meatless main dishes are so hearty, you won't miss the meat (and you'll still get the potatoes!).

BY TRACEY SEAMAN | PHOTOGRAPHY BY ROMULO YANES



**portobello
au poivre**

Filet mignon fans will recognize the classic French sauce of cognac and peppercorns drizzled over these meaty portobello "steaks" (which are a good source of potassium).

**Portobello Medallions
au Poivre**

SERVES 4 **PREP 15 MIN** **COOK 25 MIN**

Serve with whole grain egg noodles and green beans.

- 2 tablespoons flour
- Salt and pepper
- 6 tablespoons extra-virgin olive oil
- 8 large portobello mushroom caps (about 2 pounds total), stemmed and gills scraped out
- 1 bunch scallions, thinly sliced
- ½ cup cognac or brandy
- 1 tablespoon brine-packed green peppercorns, drained
- 1 teaspoon vegetable bouillon base
- ½ cup heavy cream
- 2 teaspoons dijon mustard

1. In a large, resealable plastic bag, combine the flour and ¼ teaspoon each salt and pepper. In an extra-large skillet, heat 3 tablespoons olive oil over medium heat. Rinse half of the mushrooms quickly and shake in the bag of seasoned flour, then add to the pan and cook, turning once or twice, until golden, 6 to 7 minutes. Transfer to a plate. Repeat with the remaining mushrooms and 3 tablespoons olive oil.
2. Add the scallions to the pan, lower the heat to medium-low and cook, stirring, for 1 minute. Carefully pour in the cognac, simmer until nearly evaporated, then stir in the peppercorns, bouillon base and 1 cup water. Bring to a simmer, then stir in the cream and mustard. Return the mushrooms to the pan and simmer, turning the mushrooms occasionally, until the sauce is thickened, about 3 minutes. Transfer the mushrooms to serving plates and continue to simmer the sauce until thick enough to coat the back of a spoon, about 3 minutes; season with salt and pepper. Spoon the sauce over the mushrooms.

Finally, vegetables are having their day in the sun.

More and more of us are shopping for fresh (and local) produce and cutting meat from our diets at least one day a week. The benefits: a lower risk of disease, a softer hit on our wallets, and the virtuous feeling we get from helping the planet. What might be news (especially to you dedicated carnivores out there) is how delicious and filling vegetarian meals can be. We've created eight hearty, flavorful dinners that will convert any meat lover into a "sometimes vegetarian." They'll have you counting the days until Meatless Monday comes back around.

meatless mains

Chicken-Fried Tofu

SERVES 4 TO 6

PREP 35 MIN (PLUS SOAKING)

COOK 20 MIN

- 1 cup raw cashews
- 2 teaspoons fresh lemon juice
- 4 cloves garlic
- Salt and pepper
- 2 bunches broccoli, cut into long spears
- 6 cups plus 1½ tablespoons vegetable oil
- 1 cup flour
- ¼ cup cornstarch
- 2 teaspoons ancho chile powder
- ½ teaspoon baking soda
- 1 cup seltzer, room temperature

Two 12.3-ounce packages firm silken tofu, each piece cut crosswise into 6 slices

1. In a bowl, combine the cashews and 1½ cups water; let soak for 2 hours. Using a blender, puree the cashews, ⅔ cup soaking water, the lemon juice, ½ clove garlic, ½ teaspoon salt and ¼ teaspoon pepper. Transfer to a bowl.
2. Preheat the oven to 450°. Place the broccoli on a baking sheet. Grate the remaining 3½ cloves garlic on top. Drizzle with 1½ tablespoons oil; season with salt and pepper. Toss and spread evenly. Bake until beginning to brown, 12 minutes.
3. In a medium bowl, whisk together ¾ cup flour, the cornstarch, chile

powder, baking soda, ¾ teaspoon salt and ½ teaspoon pepper. Place the remaining ¼ cup flour in a shallow bowl.

4. In a 4-quart saucepan, heat the remaining 6 cups oil over medium heat until it registers 360° on a deep-fry thermometer. Whisk the seltzer into the chile-seasoned flour. Coat the tofu slices, 1 piece at a time, in the plain flour, then dip in the seltzer batter. Using a fork, and working in batches, add the tofu to the hot oil and cook until golden-brown and crisp, 1 to 2 minutes. Using a slotted spoon, transfer to paper towels to drain. Transfer to plates and drizzle the cashew gravy on top; serve the broccoli on the side.

Vegetable Shepherd's "Pies"

SERVES 6 PREP 45 MIN BAKE 20 MIN

- 2 pounds red-skinned potatoes, thinly sliced
- ½ cup extra-virgin olive oil
- Salt and pepper
- 1 small beet (about 4 ounces)—peeled, shredded and squeezed dry in paper towels
- 2 carrots, finely shredded (about ¾ cup)
- 8 scallions, thinly sliced
- ⅔ cup cooked brown rice
- Two 15-ounce cans lentils, rinsed
- ¾ cup crushed unsweetened brown rice cereal
- ½ cup hulled sunflower seeds, toasted
- 3 tablespoons ketchup
- 1 cup frozen peas, thawed

1. In a large saucepan, add the potatoes and enough water to cover by 1 inch. Bring to a boil, lower the heat and simmer until the potatoes are tender, about 20 minutes; drain, reserving ⅓ cup of the potato cooking water. Return the potatoes to the pot and mash well. Add the cooking water and 3 tablespoons olive oil; season with salt and pepper.

tofu & broccoli

We made this Southern classic using firm tofu that turns golden-brown on the outside and silky in the center, and we covered it in cashew gravy (light but still creamy!). We snuck in tons of disease-fighting broccoli, too!

shepherd's "pie"

This stick-to-your-ribs dish gets its meaty color from beet juice, and its satisfying texture from superfoods like lentils and sunflower seeds.

tip
Serve immediately, while the batter is still crisp.



2. Position a rack in the center of the oven and preheat to 425°. Line a baking sheet with parchment. In a large nonstick skillet, heat 1½ tablespoons olive oil over medium heat. Add the beet, carrots and scallions to the pan and cook, stirring occasionally, until softened, about 5 minutes. Transfer to a large bowl and add the rice, lentils, rice cereal, sunflower seeds and ketchup. Mash with your hands until it resembles a meatloaf mixture. Season with salt and pepper, then shape into six 3½-inch patties.

3. Using the same skillet, heat 2 tablespoons olive oil over medium heat. Add half of the patties and cook, turning once, until browned, 6 to 8 minutes. Transfer to the prepared baking sheet; repeat with the remaining patties.

4. In a small bowl, toss the peas with salt, pepper and 1½ teaspoons olive oil. Divide the mashed potatoes into 6 portions. Shape each portion into a mound, form a well in the center and place on top of the patties. Fill each well with some of the peas. Bake until hot, about 20 minutes. Drizzle with the remaining 1½ tablespoons olive oil.

Stuffed Eggplant Steaks

SERVES 4

PREP 45 MIN (PLUS COOLING) **COOK** 25 MIN

Two 1½-pound eggplants, peeled

Salt and pepper

Two 5-ounce bags baby spinach

¼ cup fresh ricotta cheese

¼ cup extra-virgin olive oil

Four ½-inch-thick slices ciabatta bread

1 clove garlic, halved lengthwise

1½ cups shredded smoked mozzarella cheese (about 6 ounces)

¾ cup chunky marinara sauce, warmed

1. On a work surface, trim ¼ inch off each side of 1 eggplant to make a big block, then peel off the remaining skin and halve lengthwise to make 2 thick steaks; repeat with the other eggplant. Lay 1 steak flat and, using a sharp knife, cut a deep, horizontal pocket into the center of one of the long sides, taking care not to cut through the other three sides. Repeat with the remaining steaks. Sprinkle all over with 2 teaspoons salt, then let stand in a colander for 30 minutes.

2. Meanwhile, in a large saucepan, bring 1 inch water to a boil. Add the

spinach and cook until wilted, about 2 minutes. Drain, rinse with cold water, then squeeze out the moisture. Chop, then place in a bowl; stir in the ricotta and ¼ teaspoon each salt and pepper.

3. Preheat a grill pan over medium heat. Pat the eggplant dry and brush with 2 tablespoons olive oil; transfer to the grill pan. Cover with foil and cook, turning once, until golden and tender, about 15 minutes. Transfer to a work surface and let cool for 15 minutes.

4. Meanwhile, toast the ciabatta, then brush the cut sides with the remaining 2 tablespoons olive oil and rub with the halved garlic clove. Cut the bread into ½-inch cubes and place in a medium bowl; add the mozzarella and toss.

5. Position a rack in the upper third of the oven and preheat to 400°. Line a baking sheet with parchment. Stuff one-quarter of the spinach mixture into the pocket of each eggplant steak. Transfer to the baking sheet. Spoon the marinara over the stuffed eggplant steaks. Top with the ciabatta-cheese mixture, mounding it with cupped hands. Bake until the cheese is melted and the bread is golden, about 10 minutes.



stuffed eggplant

Firm yet buttery, eggplant holds up well when filled and grilled—and it's a good source of fiber, too.

tip
Serve with 8 ounces linguine tossed with extra marinara sauce.

Sweet 'n' Spicy Potato Ravioli

SERVES 4 PREP 30 MIN COOK 1 HR

- 4 small sweet potatoes, pricked
- 1 stick (4 ounces) butter
- 2½ tablespoons pure maple syrup
- ¼ cup hulled pumpkin seeds
- ¼ cup chopped flat-leaf parsley
- Salt

Twelve 6-inch egg roll wrappers
Ice water

- 1 tablespoon finely chopped chipotle chiles in adobo sauce
- 1 teaspoon vegetable bouillon base
- ½ cup crumbled queso fresco

1. Preheat the oven to 425°. Place the potatoes on a baking sheet; bake until soft, 45 minutes. Let cool, then peel.

2. In a skillet, heat ½ tablespoon each butter and maple syrup over medium-high heat. Add the pumpkin seeds and toast until beginning to pop, 3 to 5 minutes; transfer to a plate. Using the same pan, melt 1½ tablespoons butter over medium heat; add the parsley and cook, stirring, until crisp, 5 minutes. Drain on paper towels.

3. Using a food processor, puree the sweet potato, 2 tablespoons butter, the remaining 2 tablespoons maple syrup and ¼ teaspoon salt. Lay out the egg roll wrappers. Top each with 3 tablespoons of the puree in a line down the center. Moisten the edges with water, fold in half, press out the air and seal. Transfer to a parchment-lined baking sheet in a single layer.

4. In a large pot of boiling, salted water, melt 1 tablespoon butter. Add half of the ravioli and cook until tender, 3 minutes. Using a slotted spoon, transfer to a bowl of ice water to cool. Repeat with the remaining ravioli. Reserve 1 cup of the cooking water.

5. In an extra-large nonstick skillet, melt the remaining 3 tablespoons butter over medium-low heat. Add the chipotles and cook for 1 minute; whisk in the reserved pasta cooking water and the bouillon base. Working in 2 batches, transfer the ravioli to the skillet and cook over medium heat until heated through, 2 minutes. Divide the ravioli and spicy butter among 4 plates; sprinkle with the cheese, parsley and pumpkin seeds.

ravioli

Luscious sweet potato stuffs these ravioli and packs them with vitamin A (a nutrient that protects your eyesight).

pizza

The veggies on this pie are roasted until they're sweet and tender, then scattered over a creamy, garlicky cannellini bean spread that also happens to be rich in protein and fiber.

tip

The sweet potato filling can be prepared a day ahead; cover and refrigerate.



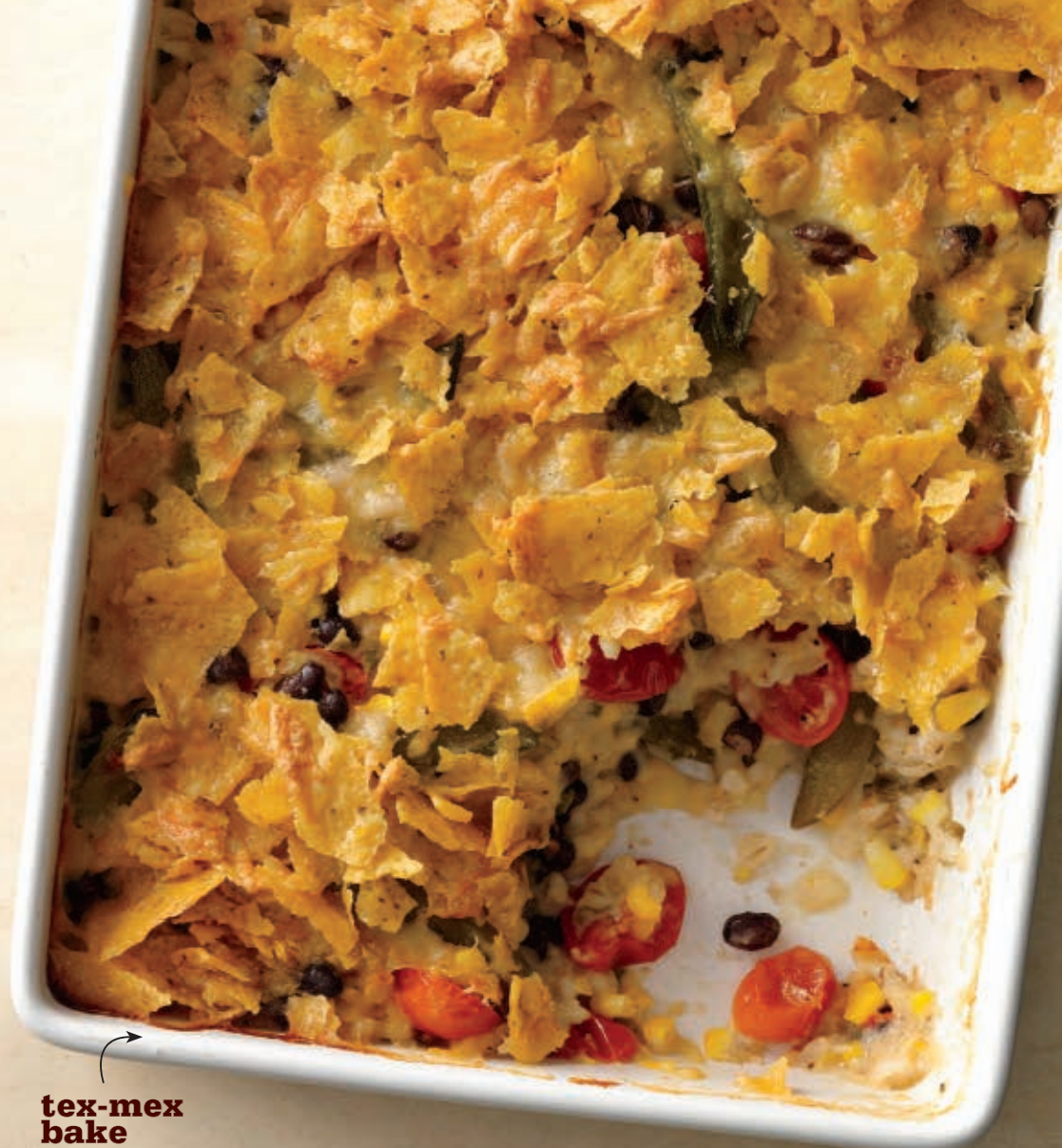
Roasted Vegetable Pizza

SERVES 4 TO 6 PREP 20 MIN COOK 40 MIN

- 2 bulbs fennel—trimmed, quartered and thinly sliced
- 1 small red onion, thinly sliced
- 1 pound thin asparagus, cut crosswise into 1½-inch pieces
- ¼ cup extra-virgin olive oil
- Salt and pepper
- 2 cloves garlic, smashed
- One 15-ounce can cannellini beans, drained, ¼ cup liquid reserved
- 1 pound whole grain pizza dough, at room temperature

1. Position racks in the top and bottom thirds of the oven and preheat to 500°. On a large baking sheet, combine the fennel, onion, asparagus, 1½ tablespoons olive oil, ½ teaspoon salt and ¼ teaspoon pepper; spread out evenly on the baking sheet. Roast on the top rack of the oven until tender, 12 to 15 minutes. Transfer to a plate.
2. Meanwhile, in a small saucepan, heat 2 tablespoons olive oil over low heat; add the garlic and cook until golden, 2 to 3 minutes. Transfer to a food processor along with the beans and bean liquid; puree until smooth. Season with salt and pepper.
3. Add the remaining 1½ teaspoons olive oil to the baking sheet. Add the dough and, using oiled hands, press and stretch to fill the pan. Bake on the bottom rack for 8 minutes. Quickly spread the bean puree evenly over the dough. Scatter the vegetables on top, season with salt and pepper and bake until the crust is crisp, 8 minutes.

tip
The vegetables can be roasted a day ahead; just cool, cover and refrigerate.



tex-mex bake

This healthy take on mac and cheese uses barley (a whole grain that can help control hunger), plus antioxidant-rich tomatoes and sugar snap peas.

Tex-Mex Barley Bake

SERVES 6 TO 8 PREP 55 MIN BAKE 35 MIN

- 2/3 cup pearly barley
- 4 tablespoons butter
- 2 cups sugar snap peas
- 1 bunch scallions, thinly sliced
- 2 cups frozen corn, thawed
- One 15-ounce can black beans, rinsed
- 1 cup grape tomatoes, halved
- 2 tablespoons flour
- 2¼ cups milk, warmed
- 3 cups shredded pepper jack cheese (about 12 ounces)
- Salt and pepper
- 2 cups crushed tortilla chips

1. In a small saucepan, bring 3 cups water to a boil; add the barley, lower the heat and simmer for 40 minutes. Drain, transfer to a bowl and let cool. Reserve the saucepan.
2. Meanwhile, position a rack in the upper third of the oven and preheat to 425°. In a large skillet, melt

1 tablespoon butter over medium-high heat; add the sugar snap peas, scallions and ½ cup water. Boil to evaporate the water. Stir into the barley with the corn, black beans and tomatoes.

3. Using the same saucepan, melt the remaining 3 tablespoons butter over medium heat. Whisk in the flour for 1 minute; slowly whisk in the warmed milk and bring to a simmer, then cook for 1 minute more. Stir in 2 cups cheese, 1 teaspoon salt and ¼ teaspoon pepper. Stir this into the barley mixture; transfer to a shallow 3-quart baking dish.

4. Cover with foil and bake for 18 minutes. Sprinkle the chips and remaining 1 cup cheese on top. Bake, uncovered, until the cheese is melted and the chips are toasted, 10 to 15 minutes.

web For over 150 meatless main dishes, visit rachaelaymag.com/march



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Chicken & Broccoli Alfredo

Prep: 10 min. Cook: 20 min. Makes: 4 servings

½ of a 16 oz. pkg. linguine	1 can (10¾ oz.) Campbell's® Condensed Cream of Mushroom Soup (Regular, 98% Fat Free or Healthy Request)
1 cup fresh or frozen broccoli florets	½ cup milk
2 tbsp. butter	½ cup grated Parmesan cheese
1 lb. skinless, boneless chicken breasts, cut into 1½" pieces	¼ tsp. ground black pepper

1. Prepare linguine according to package directions in 3-qt. saucepan. Add broccoli during last 4 min. of cooking time. Drain linguine and broccoli well in colander.
2. Heat butter in 10" skillet over medium-high heat. Add chicken and cook until well browned, stirring often.
3. Stir soup, milk, cheese, black pepper and linguine mixture into skillet. Cook until mixture is hot and bubbling. Serve with additional Parmesan cheese.



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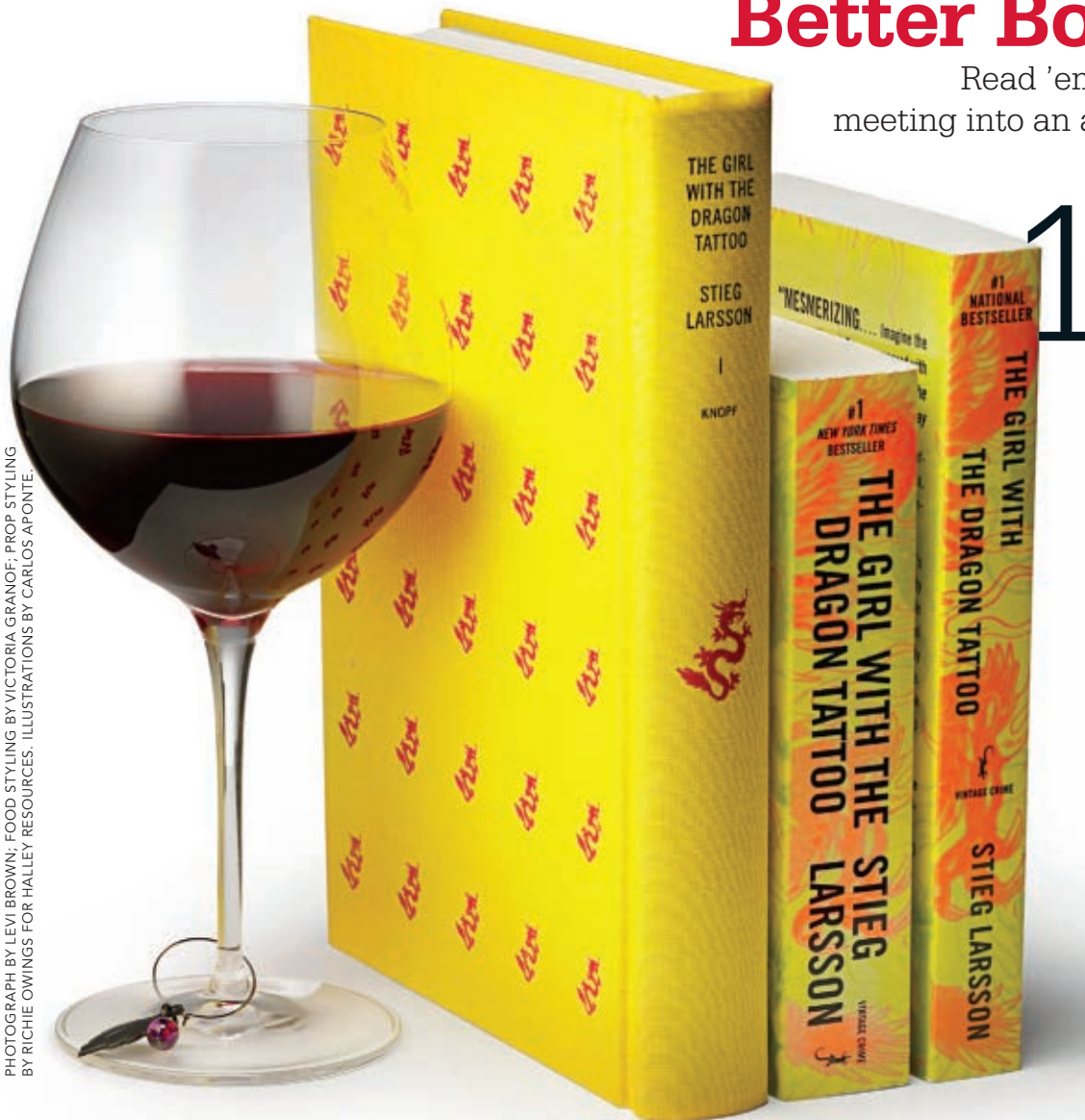
get together

every day parties

5 Ways to a Better Book Club

Read 'em and eat! Turn your next meeting into an all-out party.

BY ASHLEA HALPERN



PHOTOGRAPH BY LEVI BROWN; FOOD STYLING BY VICTORIA GRANOF; PROP STYLING BY RICHIE OWINGS FOR HALLEY RESOURCES; ILLUSTRATIONS BY CARLOS APONTE

1 Here's to books!

At your next gathering, challenge members to bring a bottle of wine that represents the personality of a character in the book you'll be discussing. For Stieg Larsson's *The Girl with the Dragon Tattoo*, grab a light-bodied pinot noir for journalist Mikael Blomkvist, or a spicy, full-bodied shiraz for hacker heroine Lisbeth Salander.

turn for more...



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COOK



GET TOGETHER



GO AWAY

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THE ORDINARY
EXTRAORDINARY



every day parties
BUILD A BETTER BOOK CLUB...

2 pick a day to remember

Most groups meet once a month for two to three hours and discuss one book per meeting. If you're tackling something ambitious (like *Gravity's Rainbow* by Thomas Pynchon), split the discussion into two sessions. A set schedule (say, the first Monday of every month) will help members plan ahead.

3 encourage coziness

Clear off a coffee table, set out chairs and curb squirming with pillows. Serve snacks related to the book, say Judy Gelman and Vicki Levy Krupp, authors of *The Book Club Cookbook*. For instance, try king cake for John Kennedy Toole's *A Confederacy of Dunces*, set in New Orleans.

5 speak up

Book club should work like a democracy: Everyone gets a voice. Kathryn Popoff, vice president of trade book merchandising for Borders, suggests having members take turns leading discussion. Come prepared: Many publishers post free reading guides online, as do fan sites for popular authors like Jane Austen and Stephenie Meyer.

how to
PICK A PAGE-TURNER

Not sure where to start? Try working through the *New York Times'* best-seller list, reading whatever Oprah is fancying, or checking out the books trending on Amazon. You can also try titles well-reviewed on goodreads.com, NPR, and in *Bookforum* (bookforum.com) and *The New York Review of Books* (nybooks.com). After a few rounds, you'll see which recommendations resonate with the gang.

check out
GREAT READS ABOUT READING!

John Mullan's *How Novels Work*, which dives into modern works like Zadie Smith's *White Teeth*, is an indispensable resource for clubbers seeking fresh, borderline-journalistic methods for dissecting books. Chronicle Books' *The Ultimate Book Club Organizer: A Planner for Your Reading Group* may also come in handy: It allows users to track the books they're reading, and includes a calendar and reminder slips for upcoming club meets.

2

3

4

4 take a field trip

Resist a living-room rut: Further discussion by watching a book's movie adaptation or seeing the stage version. Visit a relevant museum exhibit or a place mentioned in the book, like a racetrack if reading Laura Hillenbrand's *Seabiscuit*. At bookclubcookbook.com, clubs can arrange a free chat—either in person or via speakerphone—with the authors of select titles.





Join in WHAT'S YOUR BOOK-CLUB PERSONALITY?

See which group suits you best, then get going with our book (and snack!) picks.

fiction

No wonder the most common book clubs—like those themed around sci-fi, romance or the Brontë sisters—all fall under the fiction banner: It's fun to analyze characters, plot and literary devices. Try starting with established tomes, like winners of the Nobel, Pulitzer and PEN/Faulkner prizes.

read this *The Brief Wondrous Life of Oscar Wao* by Junot Díaz
serve this Channel the Pulitzer-winning novel's Dominican setting by cooking *mangú*, a dish made with plantains, and, for dessert, *arroz con leche* (rice pudding).

nonfiction

Creative nonfiction can inspire debate on a multitude of topics, from philosophy to social issues, or it can just be playful fun (see our pick). Start with prompts like these: Did the author make a balanced argument? Was the evidence convincing? Why is this book culturally significant?

read this *Earth (The Book): A Visitor's Guide to the Human Race* by Jon Stewart and the writers of *The Daily Show*
serve this While you're cracking up over Jon Stewart's jokes, pass around a platter of organic fruit and veggies.

cookbook

The most delicious books of all! Split chapters among members and ask everyone to bring his or her favorite dish from that chapter for a book-club potluck. Mix up cuisines and genres (baking, vegetarian) to keep things lively—and add in the occasional food memoir (like Kim Severson's *Spoon Fed*).

read this Georgia Varozza's *The Homestyle Amish Kitchen Cookbook*
serve this Varozza's baked chicken and apples. (Need more ideas? Check out our Cookbook of the Month Club on page 18.)

mystery

There's nothing like a juicy whodunit to keep club members guessing. Try hosting a meeting before everyone has finished reading the book, and take guesses as to how it'll end. The winner gets to pick the next book!

read this Barbara Hambly's *A Free Man of Color*
serve this Gelman and Krupp recommend this idea from one of their bookclubcookbook.com groups: They discussed this book—set during Mardi Gras in the 1830s—over sweet potato-pecan pie and pecan-flavored coffee.

get ready FOR A GREAT DISCUSSION!

Focus on the narrator first.

That's what Erin Mackie, chair of the English department at Syracuse University, suggests. "Try asking, 'Who is the narrator? Is the narrator a character in the book?'" she says. The answers will inform your discussion.

Dig into the characters.

Next, think about the book's key players. Did you like them? Were you supposed to? Whom did you identify with most, and why? These questions "help people relate to the characters on a human level," Mackie says.

Do a background check.

Consider the historical context. "Ask, 'When was this book published, and was it controversial at the time?'" Mackie says. It'll make the book more compelling—especially if it seems tame by today's standards.

See what critics are saying.

It sometimes helps to read others' opinions before articulating your own. Mackie suggests circulating well-written book reviews, then asking members whether they agree or disagree.



Once your club has finished a book, box up everyone's copies and ship them to a nearby hospital, school or women's shelter so that others can enjoy them as much as you did.

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Congratulations to Karen F. of Tulsa, OK—\$5,000 grand prize winner with her sizzling Chex® Cajun Kick mix recipe! And thanks to everyone who voted and helped Chex® donate \$25,000 to Feeding America!

Chex® Cajun Kick

Start to Finish: 15 Minutes, 24 servings (½ cup each)

Ingredients:

- 2 cups Corn Chex® cereal
- 2 cups Rice Chex® cereal
- 2 cups Wheat Chex® cereal
- 2 cups bite-size pretzel twists
- 2 cups mixed nuts
- ½ cup butter or margarine
- 2 tablespoons Creole seasoning
- 1 teaspoon red pepper sauce

Preparation Steps:

1. In large microwavable bowl, mix cereals, pretzels and nuts.
2. In 2-cup microwavable measuring cup, microwave butter uncovered on High about 40 seconds or until melted. Stir in Creole seasoning and pepper sauce. Pour over cereal mixture; stir until evenly coated.
3. Microwave uncovered on High 6 minutes, stirring every 2 minutes. Spread on waxed paper or foil to cool. Store in airtight container.

Tip: To ease the load of last-minute prep, make the mix up to 2 weeks ahead and store in an airtight container.

For more recipes, visit ChexPartyMix.com.

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Look Good, Feel Great

On October 21, 2010, Olay joined *Every Day with Rachael Ray* at the Gretta Luxe Boutique in Boston to host an evening of pampering, shopping and savings. Attendees enjoyed an exclusive 20% shopping discount, mini manicures, chair massages, skin consultations and skin treatments with Olay Regenerist Micro-Sculpting Serum. Plus, they were served cocktails and hors d'oeuvres and went home with a great gift bag from *Every Day with Rachael Ray*.



A CLASS *of their* OWN

Cleveland *chef* *Michael Symon* and his wife, Liz, designed a *cooking-class dinner party* where friends expand their culinary know-how, then feast on their creations. Let the bonding begin!

BY ELIZABETH JENKINS
PHOTOGRAPHY BY JONNY VALIANT
RECIPES BY MICHAEL SYMON





This creamy foam comes from a surprising ingredient: egg whites!

START WITH DRINKS!

Guests might be used to bringing over wine, but teaching them to make a killer cocktail starts the evening off on a playful note. Michael sets out the mixers and ingredients on the counter, then lets friends pour and shake away. "Cooking should be fun and very low-pressure," he says. "So once people arrive, we make a cocktail and chill for a little bit—then get to work."

Passion Fruit Fizz Sour MAKES 1 DRINK

Muddle 3 fresh mint leaves in a cocktail shaker. Add 3 ounces vodka, 1 ounce frozen passion fruit puree (thawed), the juice of ½ lime, 1 egg white* and enough ice to fill the shaker. Shake vigorously for 1 to 2 minutes. Strain into a glass and top with 2 ounces chilled champagne or sparkling white wine.

**To reduce the risk of salmonella, use a pasteurized egg.*

"Making a unique mixed drink or dish can be slightly scary for some people. By doing it together, you're saying to them, 'Look how easy it is!'"

TAG-TEAM THE TASKS!

While it's the host's job to provide plenty of cutting boards and cooking tools, each guest can tackle a part of the menu, like rolling the asparagus in carpaccio. Michael's only rule: Eat while you work! "Nibbling is the greatest part of dinner," he says. Choose dishes you can eat with your hands, or buy extras of finger-friendly ingredients like cheese and veggies to snack on during prep. While Michael and Liz start on the main course, their friends find their groove with the appetizers.



A new "twist" on asparagus!

Carpaccio-Wrapped Asparagus SERVES 6

In a bowl, combine ¼ cup finely chopped flat-leaf parsley, the grated peel of 1 lemon and 1 finely chopped large garlic clove. In a pot of boiling water, cook 12 asparagus stalks until crisp-tender, about 1 minute. Using tongs, transfer to a large bowl of ice water; drain and pat dry. Place 12 slices beef carpaccio (from beef strip loin) or thinly sliced rare roast beef on a work surface and sprinkle with some of the parsley mixture; season with salt. Place 1 asparagus stalk in the center of each piece and roll up, leaving the ends showing; sprinkle with more of the parsley mixture.



Take turns stirring the risotto while it cooks!

The main dish:

Bay Scallop Risotto

SERVES 6 PREP 10 MIN COOK 35 MIN

- 6 cups chicken broth
- 3 tablespoons extra-virgin olive oil
- 1 large onion, finely chopped
- 3 cloves garlic, finely chopped
- $\frac{3}{4}$ cup cubed prosciutto
- $1\frac{1}{2}$ cups arborio rice
- $\frac{3}{4}$ cup dry white wine
- 1 pinch saffron threads
- $\frac{3}{4}$ pound bay scallops
- $\frac{1}{2}$ cup chopped flat-leaf parsley
- 3 tablespoons grated parmesan cheese
- 2 teaspoons butter

1. In a saucepan, heat the chicken broth until barely simmering; cover to keep hot. In another saucepan, heat the olive oil over medium heat. Add the onion, garlic and prosciutto and cook, stirring occasionally, until the vegetables are soft, 5 minutes. Add the rice and lightly toast 2 minutes.

2. Lower the heat to medium-low, add the wine and saffron and cook for 2 minutes. Add $1\frac{1}{2}$ cups of the heated chicken broth and cook, stirring, until the liquid is almost absorbed, 5 minutes. Add another $1\frac{1}{2}$ cups broth and cook, stirring constantly, until the liquid is almost absorbed. Repeat with another $1\frac{1}{2}$ cups broth. Working with $\frac{1}{4}$ cup at a time and stirring to let it absorb, continue adding the remaining broth until the risotto is tender and creamy.

3. Stir in the scallops and cook until opaque, about 3 minutes. Stir in the parsley, cheese and butter.

“Four to six friends is ideal for a party like this. Everyone can learn a dish, then settle in to enjoy it!”





SWITCH UP THE PARTY SCENE!

Eating the first course while standing around the kitchen is the kind of casual entertaining Michael loves. But dinner itself is best enjoyed while relaxing around the table. "If you're not done till midnight, who cares?" Michael says.



Guests will be shocked at how easy deep-frying is: Just let the doughnuts brown on each side, then fish 'em out.



MAKE DESSERT TOGETHER, TOO!

Chances are that dinner will leave everyone stuffed (mission accomplished!), but preparing the final treat together is a built-in breather. Pour some coffee or shake up a new batch of cocktails while you roll and fry the doughnuts.

The last course:

Doughnut Holes with Almond Caramel Sauce

MAKES 6 DOZEN

PREP 40 MIN (PLUS STANDING) COOK 25 MIN

- 1 tablespoon plus 2 teaspoons active dry yeast (½ ounce)
- 1⅓ cups granulated sugar
- 1 cup almonds, toasted
- 5½ cups flour
- 1¾ teaspoons salt
- 1 stick (4 ounces) plus 3 tablespoons unsalted butter
- 1 cup milk
- 2 eggs, at room temperature
- Finely grated peel of 3 oranges (about 2 tablespoons)
- ½ cup heavy cream
- ¼ teaspoon pure almond extract
- Vegetable oil, for frying
- Confectioners' sugar, for dusting

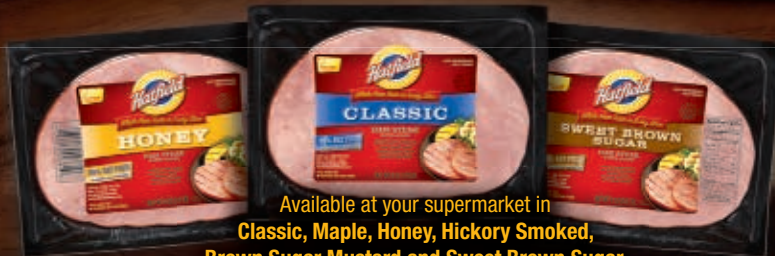
1. In a bowl, combine ½ cup warm water, the yeast and 1 tablespoon plus 1 teaspoon granulated sugar. Let stand until foamy, 5 minutes.
2. In a food processor, finely grind the almonds and ¼ cup granulated sugar; transfer to a standing mixer. Mix in the flour, ⅓ cup granulated sugar and 1 teaspoon salt.
3. In a saucepan, melt 1 stick butter; remove from the heat. Beat in the milk, eggs and orange peel. Beat in the yeast mixture at low speed. Switch to a dough hook and knead at low speed for 15 minutes. Transfer the dough to a large bowl, cover and let stand in a warm place until doubled in size, about 1 hour.
4. On a floured surface, roll out the dough 1 inch thick. Using a 1½-inch cookie cutter, cut out rounds of dough and transfer to 2 greased baking sheets. Cover loosely and let stand for 30 minutes.
5. Meanwhile, in a small saucepan, combine the remaining ⅔ cup granulated sugar with ¼ cup water. Bring to a boil and cook, undisturbed, until amber, about 5 minutes. Remove from the heat and stir in the cream. Stir in the almond extract and the remaining 3 tablespoons butter and ¾ teaspoon salt.
6. Fill a 4-quart saucepan with enough oil to reach a depth of 3 inches. Heat the oil until it registers 350° on a deep-fry thermometer. Working in batches, fry the dough, turning once, until golden, 2 minutes. Transfer to paper towels to cool slightly. Dust with confectioners' sugar and serve with the sauce.

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READY, SET



COOK



GET TOGETHER



GO AWAY



PHOTOGRAPH BY LEVI BROWN; FOOD STYLING BY ED GABRIELS FOR HALLEY RESOURCES; PROP STYLING BY THOM DRIVER FOR HALLEY RESOURCES; ILLUSTRATIONS BY CARLOS AFONTE.

BY ED LEVINE,
HAWK KRALL AND
ADAM KUBAN

ILLUSTRATIONS BY
HAWK KRALL



Finding Our Frank

How did *Every Day with Rachael Ray* decide on the country's hottest dog? First, we enlisted tasters: three frank-obsessed guys from the blog *Serious Eats* (seriouseats.com), who promptly hit the road, chowing down on franks in no fewer than 56 cities and towns. Somewhere between Maine and Arizona, it became clear that we are in the middle of a hot dog renaissance, made up of a few different factions.

REGIONAL POWERHOUSES

This country is chockablock with famous hot dog purveyors. Chicago stands like **Superdawg** sell loaded-up red hots; **Lafayette Coney Island** is one of Detroit's well-known joints serving chili dogs. **Papaya King** in New York City has been selling snappy beef franks for decades. And in L.A., **Pink's** is as important a destination as the Hollywood sign. These guys have been on the forefront for years, but can they stand up to their new competitors?

SWANK UP-AND-COMERS

The concept of gourmet hot dogs kicked off about a decade ago with **Hot Doug's** in Chicago, **Biker Jim's** in Denver and **Super Duper Weenie** in Fairfield, Connecticut, all manned by former restaurant chefs who decided to fancy up the humble hot dog. Recently we've seen a second wave of high-end franks, made from kobe beef or basted in smoked lard butter; topped with poached eggs and béchamel or pickled daikon and ponzu mayonnaise. But could we in good conscience bestow the crown upon a \$9 free-range hot dog served with silverware?

LOCAL UNDERDOGS

As we traversed the country, we discovered hot dog traditions that are unique to certain regions. At **Gus's Hotdogs** in Watervliet, New York, you can order 3-inch mini dogs by the dozen; at **Sandy's Famous Hot Dogs** in Columbia, South Carolina, all-beef dogs are slathered in pimienta

cheese. Philly is known for a frank-and-fish cake combo, while Cleveland has its fry- and slaw-covered Polish Boy. These, plus North Jersey's Italian hot dog and upstate New York's Michigans, are beloved by locals but largely unknown to the rest of the nation. Can they hold their own against the big boys?

STREET-LEVEL BRAWLERS

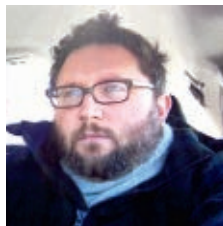
Some of the wildest combinations we found came from street-cart vendors. Bacon-wrapped, Mexican-style Sonoran dogs started in Tucson, and now are being served in L.A., San Francisco and even Detroit. At **Crif Dogs** in New York, there are Thai dogs topped with mango, peanuts and fish sauce, and Colombian *perros calientes* layered with pineapple, ham, crushed potato chips and raspberry mayonnaise.

We wolfed down dogs loaded with potato salad, bacon, sweet chili sauce and fried onions at **Pauly Dogs** in Durham, North Carolina, and late-night street-meat dogs slathered in cream cheese on the streets of Seattle. Are these newfangled fads, or the wave of the future that will lay the century-old secret recipes of America's hot dog dynasties to rest?

WHAT DID WE LEARN?

Here's the lesson: A hot dog is never just a hot dog. Perhaps more than any other food, what one person considers a classic wiener is staggeringly different than the dog his cross-country friend cherishes—and each region has an army of dedicated fans as loyal to their brand of frank as they are to their local team. Let the games begin!

A Note from Our "Top Dog" Judges



From Left:
Adam
Kuban,
Hawk
Krall, Ed
Levine

We did not take lightly the job of slashing down our list of 64 standout hot dog stands to a sweet 16, a final four and, ultimately, one utterly delicious winner. Together we traveled 3,000 miles and hit dozens of stands, with each of us taking on a different area of the country. We were in constant contact and discussed every single frank, rating flavor and texture, quality of toppings, cooking method and presentation. We also judged each spot on service and atmosphere, and they received points for authenticity and innovation.

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EASY SHOPPER



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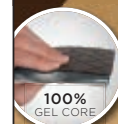
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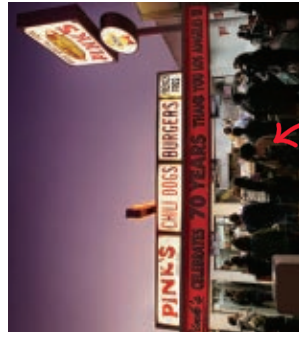
WEST

Monster Dog

Multiple locations including 1000 E. Pike St., Seattle, seattlemonsterdogs.com

Beef hot link with cream cheese and onion \$5

At Seattle stands like Monster Dog, you can slather cream cheese on dogs nestled in outside rolls topped with a fistful of caramelized onions.



Pink's Hot Dogs

709 North La Brea Ave., Los Angeles, pinkshollywood.com

Stretch Chili Dog \$3.75

At this institution, founded in 1939, the 10-inch Stretch is a snappy Huffy-brand dog that's steamed, then grilled, then topped with meaty chili, mustard and raw onions.

Top Dog

Multiple locations including 2534 Durant Ave., Berkeley, CA, topdoghotdogs.com

Top Dog \$3

We tried much of Top Dog's long menu—and loved the lemon chicken dog—but judged the spot based on its perfect all-beef frankfurter.

Aqui con el Nene

Corner of W. Wetmore Road and Flowing Wells Road, Tucson, AZ, 520-312-1666

Sonoran Dog \$2.25



This trailer dishes out our favorite Sonoran, a bacon-wrapped frank piled with pinto beans, chopped tomato, onion, cotija cheese, salsa, mayo, ketchup and mustard.

SOUTH

Nu-Way Weiners

430 Cotton Ave., Macon, GA, nu-wayweiners.com

Chili-Slaw Dog "all the way" \$2.04

Nu-Way Weiners (yes, it's spelled that way) opened in 1916, and locals still pack the booths. The dogs are neon red and griddled to a crispy well-done, and come topped with a Greek chili scented with cinnamon and allspice.



Sandy's Famous Hot Dogs

Multiple locations including 825 Main St., Columbia, SC, 803-254-6914

Pimiento Cheese Dog \$2.95

Sandy's sells some of the best-looking dogs we sampled—fat,

spicy all-beef franks topped with chili and sweet slaw, or creamy pimiento cheese, a Southern staple more often found on burgers but perfectly at home on a dog.



Pulliams Barbecue

4400 Old Walkertown Road, Winston-Salem, NC, 336-767-2211

Hot dog "all the way" \$2.05

This century-old shack is known for its "toasted" hot dogs, topped with yellow mustard, homemade chili and a mound of the creamiest, whitest slaw you've ever seen.

Pete's Famous Hot Dogs

1925 2nd Ave. N., Birmingham, AL, 205-252-2905

"Special" dog \$2.40

Owner Gus Koutroulakis has been cooking up 6-inch franks since 1948. Dropped into a mustard-smeared bun, the "special" is topped with sauerkraut, onions, ground beef and sweet onion sauce.

EAST

Flo's Hot Dogs

1359 Route 1, Cape Neddick, ME, flohottdogs.com

Special with mayo, relish and celery salt \$2.50

The wait for a dog at Flo's can be two hours long—and

it's only open four hours a day. Bright pink snappy dogs are steamed and stuffed into pillowy New England rolls.

Jimmy Buff's

354 Route 10, East Hanover, NJ, jimmybuff.com

Foot-long hot dog with chili \$3.40

While we liked their famous Italian dog, what secured Buff's spot in the Sweet Sixteen were the foot-longs drowned in slow-cooked, beefy chili.

Papaya King

Multiple locations including 179 E. 86th St., New York City, papayaking.com

All-beef hot dog with slaw and sauerkraut \$2.30

The special all-beef Sabrett dogs are made with one secret ingredient—which we've never been able to identify—and have that sought-after snap.



Crif Dogs

113 Saint Marks Place, New York City, crifdogs.com

Jon-Jon Deragon \$3.75

Of the myriad dogs at Crif, our favorite is the Jon-Jon Deragon, deep-fried and topped with cream cheese, fresh scallions and a sprinkling of "everything bagel"—salt, garlic, sesame and poppy seeds.

MIDWEST

Lafayette Coney Island

118 W. Lafayette Blvd., Detroit, 313-964-8198

Coney Island with chili \$2.35

We sampled Coney Island hot dogs (chili dogs) all over the country, but none came close to being as snappy or juicy as Lafayette's grilled, longer-than-the-bun franks.



Hot Doug's

3324 N. California Ave., Chicago, hotdoug.com

The Dog \$1.75

Owner Doug Sohn, who describes the spot as a "sausage superstore and encased meat emporium," serves his franks with an array of toppings, including foie gras.

Senate

1212 Vine St., Cincinnati, senatepub.com

Croque Madame Hot Dog \$10

The menu lists six dogs; this one's on brioche, with ham, béchamel and a poached egg.

Gene & Jude's

2720 River Road, River Grove, IL, 708-452-7634

Chicago-style hot dog \$2.41

Their transcendent dog is topped with mustard, onion, relish, sport peppers and fries.

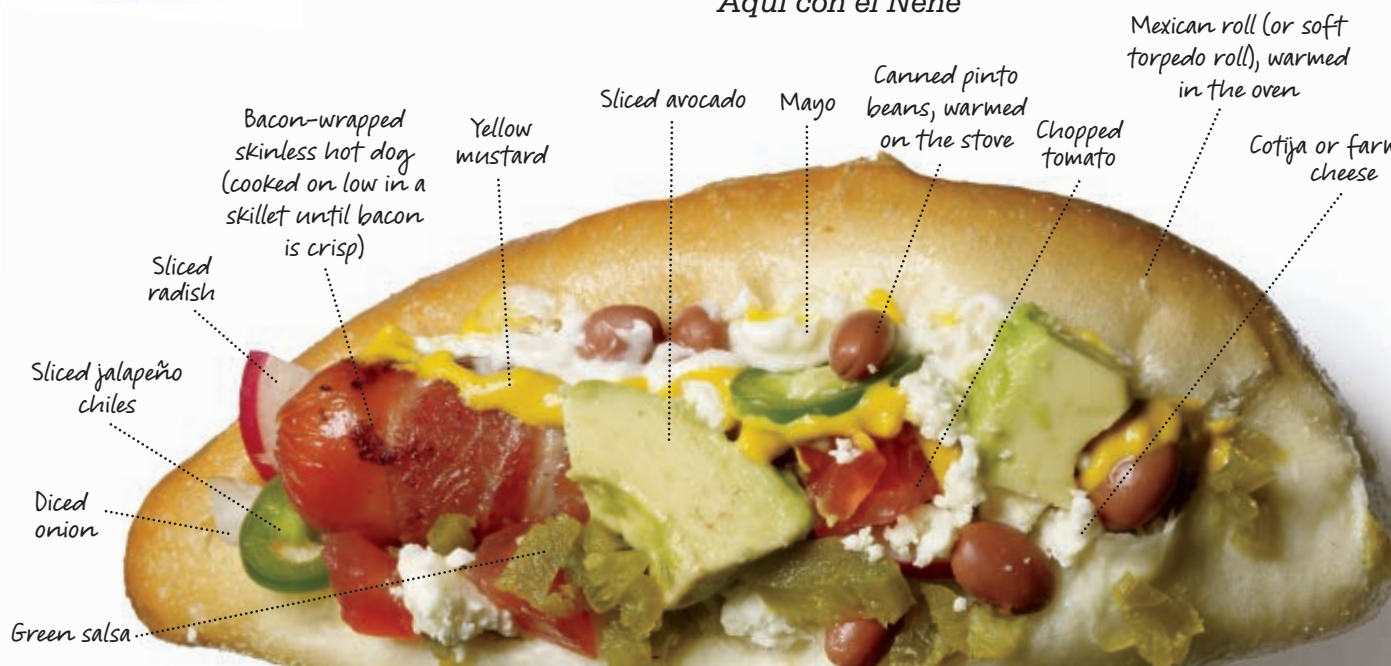


The Final Four!

WEST

SONORAN DOG

Aqui con el Nene



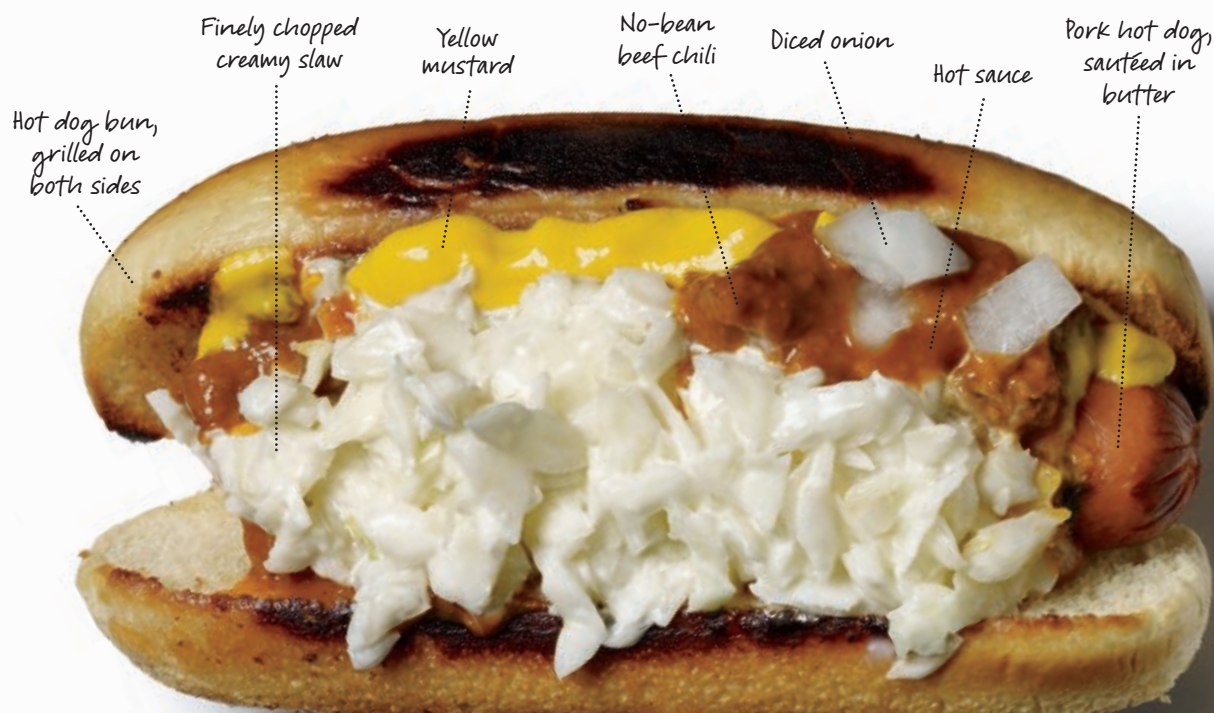
WASH IT DOWN WITH...

a bottle of Jarritos Mexican soda (mexgrocer.com), which uses cane sugar, not corn syrup.

SOUTH

HOT DOG "ALL THE WAY"

Pulliams Barbeque



WASH IT DOWN WITH...

cherry soda, such as Cheerwine (cheerwinefinder.com).

EAST

SPECIAL HOT DOG

Flo's Hot Dogs

*Flo's special relish
(Our best guess: Mix 1/2 cup
sweet relish, 1/4 cup diced
onion, 2 tablespoons molasses,
1 teaspoon worcestershire sauce
and a dash of cayenne.)*

Celery salt

Mayo

*Top-split bun, briefly
steamed (A bamboo
steamer works great.)*

*Boiled natural-
casing hot dog*



**WASH
IT DOWN
WITH...**

a can of Moxie
soda ([moxie
.info](http://moxie.info)), which
tastes similar
to Dr. Pepper.

MIDWEST

CHICAGO-STYLE HOT DOG

Gene & Jude's

*Wrap the dressed
dog and bun in
parchment
and let steam for
3 minutes to meld
the flavors.*

*Yellow mustard
(The owners
won't disclose
the brand.)*

*Fresh-made
french fries*

*Boiled all-beef
hot dog*

Diced onion

*Sweet relish
(The owners won't
disclose the brand.)*

*Sport peppers
(or any pickled
hot pepper, like
pepperoncini)*



**WASH
IT DOWN
WITH...**

fountain soda
or cheap,
foamy beer.



And the Winner Is...

Gene & Jude's

River Grove, IL

It all started at a Cubs game. In 1946, city workers Gene Mormino and Jude DeSantis were relishing a round of hot dogs and beer at Wrigley Field when Gene took a close look at the snacks in his lap. He figured french fries would give his hot dog some much-needed crunch and saltiness. Voilà, the Gene & Jude's masterpiece was born.

Later that year, the two friends opened Gene & Jude's on Western Avenue downtown. The fry-topped frank was the bestseller, and gradually, most everything else came off the menu. The landlord noticed how popular the place was and started raising rent. But the duo had a bigger money issue: Gene liked to play high-stakes poker. During one game in 1949, his luck ran out. Left with no money, he bet the house—or the hot dog stand, in this case—and lost. Gene and Jude were suddenly without Gene & Jude's.

By 1950 Jude had forgiven Gene, and they'd scraped together enough money to buy a stand in the suburb of River Grove. They kept to the same short menu: just soft drinks, beef tamales and their original frank, available as a single or double. A lot of care goes into this dog. The wieners and buns are steamed to order, and the french fries start with fresh potatoes, which are sliced, blanched and fried in vegetable oil mixed with a little beef fat (that addition packs a serious flavor wallop).

Gene's son Joe, who took over the business in 2004, says the key to a great dog is timing. If steamed too long, hot dogs get soft and buns get tough. Onions are freshly cut every four

hours, so everyone who works at Gene & Jude's knows how to cut one. Add sweet relish, a squirt of bright yellow American mustard and plenty of tangy sport peppers—those Chicago must-haves—and you've got yourself one perfect dog. "There's genius in simplicity," Joe says. "I figure if you focus on one item, you can get it right every time."

If you're looking to sit down, that's too bad. Gene & Jude's takes its status as a hot dog *stand* seriously. You might snag a spot at the counter lining the walls—if you're lucky.



"I figure if you focus on one item, you can get it right every time."

—owner Joe Mormino

Ketchup lovers are sure to be disappointed. "My dad made it clear he never wanted ketchup near his hot dogs," says Joe, who recalls a day in the '80s when his father went into the shop and discovered a stash of smuggled-in ketchup packets. "He got really mad and threw them all in the Dumpster," Joe says. In recent years, some renegade fans have taken to grabbing packets from the McDonald's across the street. We don't want to know what happens to them if caught.

Until 1978 there were no napkins, either. That's right: no napkins.

Why? "My dad wanted to keep the prices down," Joe says. "If someone asked for some, we gave them a piece of the wax paper we wrap the hot dogs in. Eventually we got high-class and bought napkins."

The final quirk is the signage. The first thing you see when approaching Gene & Jude's is a huge yellow and red sign reading, "Gene's and Jude's." But really, who cares about punctuation when there's a perfect hot dog to be had?



**THE
WINNING
DOG**

This Vienna Beef frank is covered in fries that are crisp on the outside and mashed-potato-creamy on the inside, and arrives perfumed with onions and mustard.



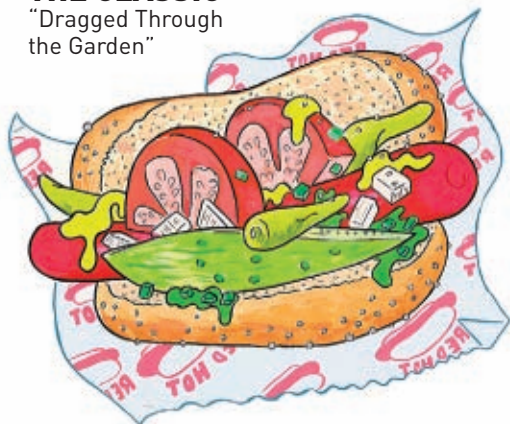
all about

THE CHICAGO DOG

Gene & Jude's invented the Depression-style frank, a variation on the classic.

THE CLASSIC

"Dragged Through the Garden"



The bright red, all-beef dog is topped with neon green sweet relish, mustard, onions, pickles, sport peppers, tomato slices and celery salt, all on a poppy-seed bun.

CLASSIC DOG STANDS

Fluky's

5630 W. Touhy Ave., Niles, IL,
847-588-3889; dog \$2.45

Wolfy's

2734 W. Peterson Ave.,
773-743-0207; dog \$2.89

Wiener's Circle

2622 N. Clark St.,
773-477-7444; dog \$3.10

DEPRESSION-STYLE



It's more sparingly dressed, with sport peppers, onions, mustard and sweet relish, on a regular bun and topped with fries.

DEPRESSION DOG STANDS

Jimmy's Red Hots

4000 W. Grand Ave., 773-384-9513;
dog with fries \$2.27

35th Street Red Hots

500 W. 35th St., 773-624-9866;
dog with fries \$2.51

Redhot Ranch

2072 N. Western Ave., 773-772-6020;
dog with fries \$2.71

A LITTLE HISTORY

Legend has it the classic Chicago dog was born in the 1920s at the Maxwell Street Market, an area populated with a mishmash of recent immigrants. Greek and Italian vegetable stands offered a five-cent "depression sandwich" consisting of a German wiener (all-beef to satisfy kosher customers) piled with fresh-cut vegetables and garnished with piccalilli (chopped pickled vegetables).

Chicago was the so-called celery capital of the country, so vendors started adding celery salt. Jewish bakeries contributed poppy-seed buns. Fluky's, which opened in 1929, was one of the first official hot dog stands in town and is widely recognized for having perfected the Chicago dog.

IT WOULDN'T BE A CHICAGO DOG WITHOUT...

yellow mustard



At Gene & Jude's, you'll find old-fashioned American mustard, made bright yellow from the addition of turmeric, not artificial food coloring.

sport peppers



These are 1- to 2-inch greenish-yellow hot peppers originally cultivated in Louisiana and Mississippi. Spicier than a pepperoncini yet milder than a tabasco, this pepper gets pickled in white vinegar (and often yellow food coloring). Supposedly it's called a "sport" because it looks all dressed up—like it's wearing a sport coat. Order a jar (and all Chicago fixins) at viennabeef.com.



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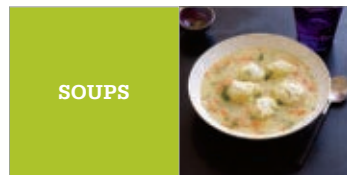
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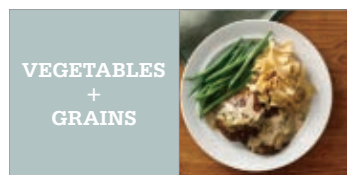
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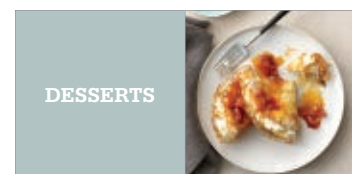
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Dr. Mehmet Oz

What does the famed heart surgeon and host of *The Dr. Oz Show* keep behind closed doors? Rach takes a peek. PHOTOGRAPH BY ROB HOWARD



"When I look in my refrigerator, I see a medicine cabinet."

RACHAEL RAY: Congratulations on having the healthiest and most packed refrigerator shelves I've ever seen. No wonder your family is so gorgeous! How many mouths are you feeding?

DR. OZ: I have four kids, and my eldest daughter is married, so there are seven people at our table. We have another refrigerator outside, too—we buy in bulk and freeze everything, so we need the space. I have two huge vats of blueberries in there now from my trip to Maine. I'll freeze and use them until next summer.

RR: I have to know: Does an apple a day keep the doctor away?

DO: It does. Apples have flavonoids that reduce the risk of heart disease, and they taste good, too. We use them a lot in salads because they wake up the taste buds. We go apple picking every fall as a family, which is really fun. Whether they love apples or hate them, my kids have learned to appreciate where their food comes from, and that's the most important thing.

RR: Speaking of kids, any advice for parents of picky eaters?

DO: Well, the average child will reject food they don't like about 12 times before they begin to appreciate the taste. That's in part because kids have more taste buds than adults. Here's what parents should do: Every few months, expose your kids to, say, broccoli, and eventually they won't mind that it's on the table.

RR: Great tip! What was your favorite food as a child?

DO: I loved mushrooms. My dad and sisters couldn't stand them, but we had mushrooms all the time because my mom and I liked them so much. I grew up near Kennett Square, Pennsylvania, which is probably the mushroom capital of the country.

RR: I've never met a mushroom I didn't like. Do you cook a lot?

DO: I'm not a particularly good chef, but my wife, Lisa, is an excellent cook, so I like spending time with her in the kitchen. She's a vegetarian and really talented at putting together flavors.

RR: Is there a dish you always ask her to make?

DO: Yeah, I love when she cooks beets. She tosses boiled, skinned beets with olive oil, balsamic vinegar, gorgonzola cheese, salt and pepper, and it's out of this world. I like simple foods. I don't like sauces and creams because the natural flavors have been destroyed. I like to be able to taste the actual food.

RR: I agree—the less you mess with your food, the better it tastes. What's the most memorable meal you've ever had?

DO: When I was in China, I ordered something in a restaurant called "snake soup," which I figured was just allegorical. Then I saw the waiter walking toward me with a live, writhing snake in his hands! The chef sends it out so you know it's fresh. I ended up eating the soup, but, for the record, it does not taste like chicken.

RR: That's hilarious, and a good souvenir story! So, if I was coming to your house for dinner, what would you cook me?

DO: I'm a good griller, so I'd make you grilled black cod, which I've fallen in love with recently, corn on the cob and baked butternut squash with cinnamon. I'll save the snake soup for another night.

✓ Dr. Oz's Healthy Fridge Checklist



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leafy greens

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