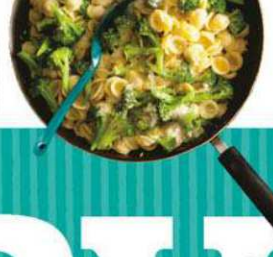


PHOTOS
OF EVERY RECIPE!

FAST FAMILY MEALS

30 MIN
(OR LESS!)



TAKE A BITE OUTTA LIFE!

Every Day

with Rachael Ray

COZY UP!

129

HEARTY
DINNERS

10 Best
Chicken
Soups

HEALTHY
TWISTS ON
CLASSIC
FAVORITES

50 Super Bowl
DIPS

CELEB COOK-OFF!

RACH VS. GUY

Behind the scenes of their new show

Mix It Up

ADD SPIRIT TO ANY GATHERING WITH
EASY-TO-MAKE MIXED DRINKS.



So simple
So delicious™

You don't have to be a professional mixologist to make a great cocktail.
With **Mix It Up** at **Thebar.com**, it's so simple...and so delicious.

All you'll need for these great Mix-It-Up cocktail recipes are
one spirit + one mixer = delicious cocktail!
HOW EASY IS THAT?

Go to **facebook.com/thebar** for more great two-step cocktail recipes.
Plus, you'll find a one-stop-shop for all your casual gathering needs—food pairings, “how to” videos, store locators for easy shopping, and great discounts to use when you're there.

Like us at facebook.com/thebar between 1/16/12 and 2/29/12

FOR A CHANCE TO
WIN \$5,000
UP TO
in cash, home bar accessories and more!



Like us at facebook.com/thebar
or scan the code for recipes, food pairings
and entertaining tips.

Please Drink Responsibly.

© 2011 Diageo, Norwalk, CT

Facebook is a registered trademark of Facebook, Inc.

NO PURCHASE OR PAYMENT OF MONEY NECESSARY TO ENTER OR WIN. A PURCHASE WILL NOT INCREASE YOUR CHANCES OF WINNING. Diageo® Mix It Up Instant Win Game and Sweepstakes starts 1/16/12 at 12 p.m. (noon) EST and ends 2/29/12 at 11:59 p.m. EST. For Official Rules, to learn how to play the instant win game and enter the sweepstakes, prize details, odds of winning, restrictions, etc go to www.facebook.com/thebar. Open to eligible legal residents of 49 US/DC, 21 years or older at time of entry. Void in California, Puerto Rico and where prohibited or restricted by law. Sponsor: Diageo Americas, Inc., Norwalk, CT. This Promotion is in no way sponsored, endorsed or administered by, or associated with Facebook®.

CUERVO & MARGARITA MIX

1 1 oz.
JOSE CUERVO ESPECIAL® Gold Tequila

2 3 oz.
JOSE CUERVO® Margarita Mix

Add Jose Cuervo® Tequila and Margarita Mix to tall ice-filled glass and garnish with lime wedge.

Pairs great
WITH BIG BEEF NACHOS



SMIRNOFF & CRANBERRY

1 1.5 oz.
SMIRNOFF® NO. 21 Vodka

2 3 oz.
cranberry juice

Add Smirnoff® Vodka and cranberry juice to tall ice-filled glass and garnish with lime wedge.

Pairs great
WITH SAUSAGE BITES



Ice, Ice Baby!
Cracked ice melts faster and adds more water to drinks. Stick with ice cubes when you Mix It Up.

The Right Lime
Don't refrigerate limes before using them. Keep at room temperature when you Mix It Up.



CAPTAIN & COLA

1 1.5 oz.
CAPTAIN MORGAN® Original Spiced Rum

2 6 oz.
cola

Add Captain Morgan® Original Spiced Rum and cola to tall ice-filled glass and garnish with lime wedge.

Pairs great
WITH ORANGE RUM SWEET POTATOES

CROWN & COLA

1 1.5 oz.
CROWN ROYAL® Blended Canadian Whisky

2 6 oz.
cola

Add Crown Royal® Whisky and cola to tall ice-filled glass and garnish with lime wedge.

Pairs great
WITH RIBS WITH CROWN ROYAL® BLACK BBQ SAUCE





© Inter IKEA Systems B.V. 2011

RAMSJÖ kitchen
Starting at
\$1999*
Based on 10'x10' kitchen.

Made by the many Emilys

Designed by IKEA®

Whether she's a florist, hostess, or flirt, Emily found a kitchen style that works for every side of her. From traditional to modern, IKEA has a kitchen style for every side of you too. Discover yours at planyourkitchen.com

RAMSJÖ kitchen \$6679 as shown. Red-brown stained, clear lacquered solid beech/beech veneer. *The total price includes cabinets, fronts, interior shelving, drawer and door dampers, hinges, toe kicks, legs, visible moldings and panels. Your choice of countertop, sink, faucet, handles, appliances and lighting are sold separately. See IKEA store for limited warranty, country of origin, and 10'x10' layout details. Valid in US IKEA stores only.



The Life Improvement Store™

contents

JAN/FEB
2012

Specials
of the
month

page 78

78 RACHAEL RAY'S 30-MINUTE MEALS

Doubly decadent
Valentine's Day recipes

88 IT'S A FOOD FIGHT!

All the dish on Rach's
new Food Network
show, *Rachael vs. Guy:
Celebrity Cook-Off*

92 STACK YOUR SUPPER

Our crazy, creative
ideas for piling two
dishes into one

100 NUTRITION ADDITION

Get your food jumping
in deliciousness and
nutritiousness.



on the cover

Main photograph by Melanie Dunea;
food styling by Tracey Seaman;
fashion styling by Jane Harrison Fox;
makeup by Joe J. Simon for Giorgio
Armani Beauty; hair by Mary Curran
for Arte Salon, mcurranstylist.com;
Guy Fieri grooming by Kathleen
Brown. On Rachael: blazer and
tank by Yigal Azrouel; leggings by
Helmut Lang; necklace and ring by
Stephen Wenster. On Guy: jacket by
John Varvatos; T-shirt and jeans by
Affliction; sunglasses by Von Zipper;
bracelet by Stephen Webster;
vintage boots from Billy Martin's.
Pasta photograph by Kate Sears;
food styling by Paul Grimes; prop
styling by Pam Morris.

Found
in every
issue

contents

JAN/FEB
2012

11 RACH'S NOTEBOOK

It's a two-for-one issue!

12 YOUR MONTHLY MENU

Recipe Index with Meal Planner insert



14 BURGER OF THE MONTH

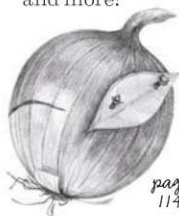
Double-Decker
Animal-Style

17 FAST IDEAS

18 quick meals, sides,
drinks and desserts

110 TALK WITH FRIENDS

Polls, fun facts
and more!



112 TALK TO THREE COOKS

Chicken soup 10 ways

114 TALK TO OUR TEST KITCHEN

Genius tips and tricks

116 TALK WITH THE DOCTORS

Double-duty health
remedies

118 TALK ABOUT PETS

"Puppy Love"
Cherry Crunchies

120 24-HOUR DEVOUR

A day in the food life
of Joel McHale

page
112



fun

FRIENDS
TRENDS
FAVES



27 WORD OF MOUTH

Rock star spirits,
split-personality soups
and more

30 FOOD OBSESSIVE

Meet the king of pop

35 EASY-DOES-IT DESIGN

DIY pegboards

37 FAVES

Hot food and style buys

44 STOLEN WEEKEND

Sun or snow getaways

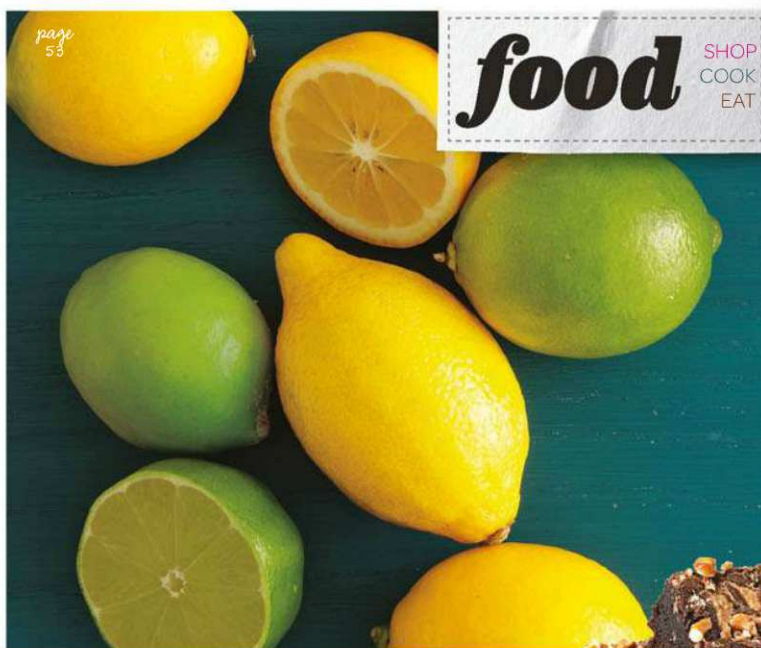
48 PLAN MY PARTY

Super Bowl dip-off



food

SHOP
COOK
EAT



53 SEASONAL SUPERFOOD

Lemons and limes

56 SUPERMARKET SCOOP

Grocery cart ambush,
the best boxed cake
mixes and more

61 TASTE TEST

Milk alternatives

62 BUDGET COOK

Meaty stews

66 HEALTHY HELPING

How clean is your
kitchen?

68 COOK WITH KIDS

Double-Baked Double-
Stuffed Potatoes

70 SWEET & SIMPLE

Carrot Cake with
Fluffy Vanilla Frosting

74 THAT'S GENIUS!

\$1.50 brown-bag lunches

page
56





**GO FROM ZERO TO DINNER
IN 13 MINUTES.**

Dripping Roast Beef Sandwiches

Prep: 5 min. Cook: 5 min. Bake: 3 min. Makes: 4 sandwiches

- | | |
|--|--|
| 1 can (10½ oz.) <i>Campbell's®</i> Condensed French Onion Soup | 4 Classic Soft Hoagie Rolls with Sesame Seeds |
| 1 tbsp. reduced sodium Worcestershire sauce | 4 slices deli provolone cheese cut in half |
| ¾ lb. thinly sliced deli roast beef | ¼ cup drained mild or pickled banana pepper rings |
1. Heat oven to 400°F.
 2. Heat soup and Worcestershire in 2-qt. saucepan over medium-high heat to a boil. Add beef and heat through, stirring occasionally.
 3. Divide beef among rolls. Top beef with cheese slices and place sandwiches onto baking sheet.
 4. Bake 3 min. or until sandwiches are toasted and cheese is melted. Spoon soup mixture onto sandwiches. Top **each** sandwich with **1 tbsp.** pepper rings.

*Campbell's***KITCHEN.COM**

It's amazing what soup can do.®



© 2011 CSC Brands LP



Introducing

OREO
Ultimate Icing

A delicious cookie and crème icing experience that makes any dessert better.

OREO® and the OREO® Wafer Design are registered trademarks of Kraft Foods, used under license. ©Signature Brands, LLC.

EveryDay

with Rachael Ray

How We're
Making Every Day in
January and February
Special!

FOUNDER AND EDITORIAL DIRECTOR **RACHAEL RAY**

EDITOR-IN-CHIEF **LIZ VACCARIELLO**

CREATIVE DIRECTOR **JILL ARMUS**

EDITORIAL

EXECUTIVE EDITOR **Courtenay Smith**

EXECUTIVE FOOD EDITOR **Pamela Mitchell**

EXECUTIVE LIFESTYLE EDITOR **Sonal Dutt**

MANAGING EDITOR **Luke Braun**



January 7: It's my future sister-in-law's bridal shower! The hostesses are throwing a cocktail party with a signature drink designed for the bride. —*Allyson Dickman*

FOOD

SENIOR FOOD EDITOR **Nina Elder**

FOOD EDITOR **Stacy Adimando**

ASSOCIATE FOOD EDITOR **Nicole Cherie Jones**

TEST KITCHEN DIRECTORS

Tracey Seaman, Diana Sturgis

SENIOR TEST KITCHEN ASSOCIATE **Katie Barreira**

KITCHEN INTERNS

Clare Langan, Jordan Seider

EDITORIAL INTERN **Shannon Floersheim**

LIFESTYLE

ASSOCIATE EDITOR

Alison Caporimo

EDITORIAL ASSISTANT

Allyson Dickman



January 27: I'm going to a performance at the New York City Ballet. This year it's a three-part show: *Le Tombeau de Couperin*, *Ocean's Kingdom* and *In G Major*. —*Nicole Jones*

DIRECTOR OF COMMUNICATIONS, RACHAEL RAY **Michelle Boxer**

EXECUTIVE ASSISTANT TO THE EDITOR-IN-CHIEF **Adrienne Farr**

CONTRIBUTING EDITORS **Courtney Balestier, Phil Lempert**

DESIGN

ART DIRECTOR **Chalkley Calderwood**

DESIGNER **Elliot Stokes**

JUNIOR DESIGNER **Kelly McGuire**

PHOTOGRAPHY

PHOTO DIRECTOR **Kim Gougenheim**

PHOTO RESEARCHER **Josephine Solimene Rustin**

ASSOCIATE PHOTO EDITOR **Mackenzie Craig**



January 1: I'm ringing in 2012 in London! Here's hoping it's filled with great food and drinks, of course! —*Kelly McGuire*

PRODUCTION

PRODUCTION DIRECTOR
Betsey Barnum

PRODUCTION ASSOCIATE
Stephanie Thompson

COPY

COPY CHIEF
Elizabeth Herr

SENIOR COPY EDITOR
Alexa Weibel

RESEARCH

RESEARCH CHIEF
Mai Hoang DeVore

RESEARCH EDITOR
Laura K. DePalma

RACHAELRAYMAG.COM

EXECUTIVE ONLINE EDITOR **Diane Dragan**

EDITORIAL ASSISTANT **Lauren Smith**

CONTACT US!

EMAIL THE EDITORS
editor@rachaelraymag.com

WRITE LETTERS TO THE EDITOR
EveryDay with Rachael Ray
805 Third Avenue, 28th Floor
New York, NY 10022

ANYTHING ELSE?
Try rachaelraymag.com/faq

FIND US ON

[facebook.com/rachaelraymag](https://www.facebook.com/rachaelraymag)

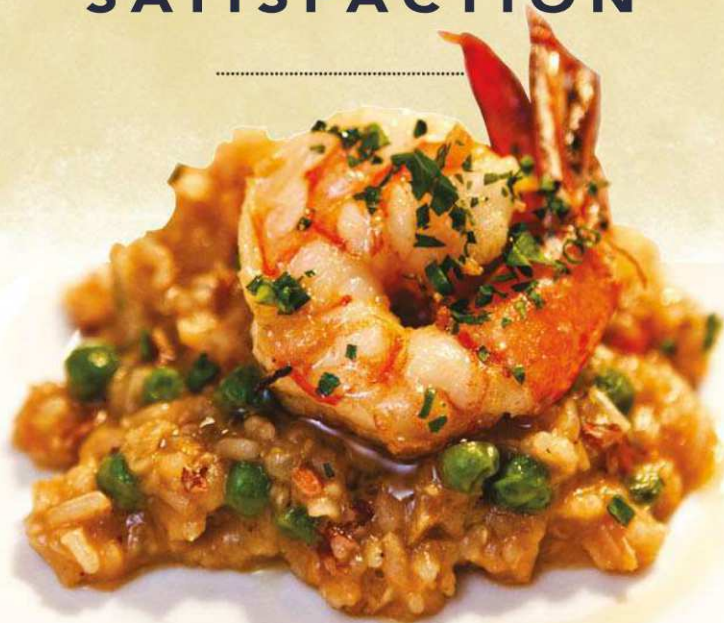
[@RachaelRaymag](https://twitter.com/RachaelRaymag)

rachaelraymag.com



PROMOTION

- Four days of -
**SOUTHERN
SATISFACTION**



PHOTOS BY ANDREW STEPHEN CEBULKA

BB&T **CHARLESTON®
WINE + FOOD
FESTIVAL**



The four-day event, praised by *Forbes Traveler* as one of the top five food and wine festivals in the U.S., infuses historic venues, homegrown flavor, and the most celebrated chefs, culinary professionals and winemakers into over 70 events.

- Don't Miss -

BBQ, BLUES + BREW presented by *Every Day with Rachael Ray* magazine
TACO TURF WARS presented by *Every Day with Rachael Ray* magazine + Elliott Davis

- Tickets on Sale Now - **CHARLESTONWINEANDFOOD.COM** // Hotel + Ticket Packages Available



Charleston Area
CONVENTION & VISITORS BUREAU



GARDEN GUN



PATRICK PROPERTIES



The Post and Courier
postandcourier.com



Benefiting 2012 Signature Charity:



The onionator.



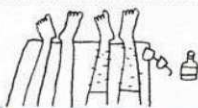
NEW Scope Dual-Blast goes beyond killing bad breath germs.*
Its advanced technology helps obliterate strong food odors.**
Onions? What onions?

Scope.
dual*blast

*in laboratory tests **garlic and onions

How We're
Making Every Day in
January and February
Special!

PUBLISHER **CHRISTINE GUILFOYLE**
ASSOCIATE PUBLISHER, MARKETING **TERRI SMITH**



February 11: My husband and I are off to the Riviera Maya in Mexico for a long-overdue beach getaway.
—Terri Smith

ADVERTISING

NEW YORK

646-393-6299
FOOD/PACKAGED GOODS
DIRECTORS

Erin Palmer, Tiffany Cave
HEALTH/BEAUTY DIRECTOR
Carrie Pastolove

NEW ENGLAND/CONSUMER
GOODS MANAGER Molly Hollister
SALES ASSISTANTS

Kimberly Rimmey, Pramila
Sivapalan

ATLANTA

404-256-3800

SOUTHEAST DIRECTOR Emily
Brown

TEXAS

214-368-2001

SOUTHWEST DIRECTOR
Brian Davis

LOS ANGELES

310-479-9577

ACCOUNT MANAGER
Felicia Lewinstein

SALES ASSISTANT
Jinna Vorhees

SAN FRANCISCO

415-217-8344

ACCOUNT MANAGER
Kirsten Larsen

DIRECT RESPONSE
Ashley McEwan,
Media People,
212-779-7172

CHICAGO

312-540-4805

ACCOUNT DIRECTOR
Michelle Butler-
Mingey

ACCOUNT MANAGERS
Kathleen Burke,
Erin Scherer

SALES ASSISTANT
Allison Kaye

DETROIT

248-687-1315

ACCOUNT MANAGER
Jani Berger

MARKETING

MERCHANDISING DIRECTOR Jaime Hollander
PROMOTION DIRECTOR Alyssa Koppersmith
SPECIAL PROJECTS DIRECTOR Wendy Lauria
SENIOR MERCHANDISING MANAGER Melissa Russo
ASSOCIATE MERCHANDISING MANAGER Lauren Volpe
MERCHANDISING COORDINATOR Tyler Watson

ADVERTISING PRODUCTION

PRODUCTION DIRECTOR
Kent Pollpeter
ADVERTISING OPERATIONS
MANAGER
Katy Hildman



January 1: My friends and I get together on New Year's Eve to watch the ball drop. Each year we switch who's the host—one year was a "fancy" dinner at their place, the next was a night of comfort food at mine. —Jaime Hollander

EveryDay

with Rachael Ray

FINANCE

BUSINESS DIRECTOR Christy Light
BUSINESS MANAGER Jeff Stiles

CIRCULATION

CONSUMER MARKETING DIRECTOR
Jon Macarthy

MEREDITH NATIONAL MEDIA GROUP

PRESIDENT Tom Harty

EXECUTIVE VICE PRESIDENTS

PRESIDENT MEDIA SALES Richard Porter

PRESIDENT, BETTER HOMES AND GARDENS James Carr

PRESIDENT, PARENTS NETWORK Carey Witmer

PRESIDENT, WOMEN'S LIFESTYLE Thomas Witschi

CREATIVE CONTENT LEADER Gayle Goodson Butler

CHIEF MARKETING OFFICER Nancy Weber

CHIEF DIGITAL OFFICER Liz Schimel

CHIEF REVENUE OFFICER Michael Brownstein

CHIEF INNOVATION OFFICER Jeannine Shao Collins

GENERAL MANAGER Mike Riggs

DIRECTOR, OPERATIONS & BUSINESS DEVELOPMENT Doug Olson

SENIOR VICE PRESIDENTS

MEREDITH WOMEN'S NETWORK Lauren Wiener

CHIEF TECHNOLOGY OFFICER Jack Goldenberg

AUDIENCE DEVELOPMENT AND COMMERCE Andy Wilson

DIGITAL ENGAGEMENT Dan Hickey

VICE PRESIDENTS

CONSUMER MARKETING Janet Donnelly

CORPORATE MARKETING Stephanie Connolly

DIRECT MEDIA & TRAVEL MARKETING Patti Follo

RESEARCH SOLUTIONS Britta Ware

COMMUNICATIONS Patrick Taylor

NEWSSTAND Mark Peterson

PRODUCTION Bruce Heston

CHAIRMAN AND CHIEF EXECUTIVE OFFICER Stephen M. Lacy

PRESIDENT AND CHIEF EXECUTIVE OFFICER, MEREDITH

XCELERATED MARKETING Martin Reidy

PRESIDENT, MEREDITH LOCAL MEDIA GROUP Paul Karpowicz

VICE CHAIRMAN Mell Meredith Frazier

In Memoriam — E.T. Meredith III (1933-2003)

SUBSCRIPTION INFORMATION To subscribe, change your address or ask questions about your subscription, log on to rachaelraymag.com/help. Our subscriber list is occasionally made available to carefully selected firms whose products may be of interest to you. If you prefer not to receive information from these companies by mail or by phone, please let us know. Send your request along with your mailing label to Magazine Customer Service, P.O. Box 37205, Boone, IA 50037-0205.

Get fresh breath. Not onion breath.



Introducing Crest Complete Extra White with Scope Dual-Blast.
It kills bad breath germs* and blasts away strong food aftertastes.**

life opens up when you do

Crest

complete

OLAY®
PROFESSIONAL

IT'S A REVOLUTION IN CLEANSING.

AS EFFECTIVE AS THE SYSTEM SOLD BY
SKIN PROFESSIONALS FOR NEARLY \$200.*



Facial Cleansing Brush and Exfoliating Renewal Cleanser inside.

PRO-X ADVANCED CLEANSING SYSTEM.

It took a team of dermatologists along with Olay to design this instrument that delivers supersonic cleansing. Professionally and clinically designed, it cleanses 6 times better.** But better than that, the Pro-X Advanced Cleansing System sets your skin up for supersonic anti-aging moisturization*** Go to OlayProfessional.com
*System with normal/dry cleanser. **Than basic cleansing. ***Helps maximize the immediate hydrating effectiveness of your anti-aging moisturizer.

PROX POTENT. PROVEN. PROFESSIONAL.

RACH'S NOTEBOOK

Double the Fun!

YOU MAY HAVE NOTICED that I have some company on the cover of this month's magazine. Thanks to Guy Fieri—one helluva guy!—for being on our first joint cover! He flew all the way from Cali to New York just for this special issue, which features an exclusive behind-the-scenes look at our new Food Network show, *Rachael vs. Guy: Celebrity Cook-Off*. Think of it like a *Dancing with the Stars*-type showdown—minus the glitter and Capezios, but with lots of sharp knives, hot pots and mountains of food. Check out the celebrity contestants' great tips, recipes and juicy secrets on page 88.

In honor of our double cover, everything in this issue is a two-for-one...or better! My 30-Minute Meals have double-rich recipes for at-home Valentine's dinners, like easy Double-Stuffed Shrimp and Double-Bacon Burgers (page 78). We're also aiming high in our "Stack Your Supper" feature (page 92), filled with two-story dishes like Surf 'n' Turfer Sammies (a real double whammy!), Cheesy Mac 'n' Bangers Bake and Pea Risotto with Squashy Soufflé. If you're planning a Super Bowl hoedown, turn it into a *throwdown*. We're giving you not one, not two, but 50 party dips (page 48). This story is a keeper, people! Rip it out and save it for 50 Super Bowls to come.

I love, love, *love* our Faves this month, especially our totally-worth-it "splurges" and forget-about-it, don't-even-think-about-it "save" fashions, starting on page 37. Need a winter getaway? We've got you covered with our favorite sun and snow travel spots (page 44). We even have the Doctors providing their double-duty health remedies (page 116).

We couldn't end this very special issue without featuring a very special person: Funnyman and all-around cool guy Joel McHale talks about his double life as host of *The Soup* and star of *Community*—and what he eats from sunup to sundown (page 120).

Have a double-delicious month!

Love,



Score Stuff from My Store!



Forty lucky readers will get one of my EVOO Dispensing Bottles in eggplant. Enter to win at rachaelraymag.com/january.

RACHAEL'S SWEEPSTAKES RULES No purchase necessary to enter or win. Purchase will not improve your chances of winning. Sweepstakes is open to legal residents age 18 years or older of the U.S., its territories and possessions. Sweepstakes begins at 12:00 a.m. (EST) on December 22, 2011, and ends at 11:59 p.m. (EST) on February 1, 2012. To enter and for official rules, visit rachaelraymag.com/january. VOID WHERE PROHIBITED. Sweepstakes sponsored by cooking.com and Meredith, publisher of Every Day with Rachael Ray.

There's never a dull moment when my good buddy Guy Fieri is in the house! (page 88)



This Month's

SAUCES & STARTERS



GARLIC OIL
P. 18



MINI CORN DOGS
P. 18



MAPLE-VINEGAR DRIZZLE
P. 24



BACONY BLACK BEAN DIP
(+ MORE) P. 48



ROCK-AMOLE
(+ MORE) P. 49



NOTHIN'-BETTER-THAN-CHEDDAR DIP
(+ MORE) P. 50



CLASSIC CHICKEN SOUP
P. 112



COCONUT-THAI CHICKEN SOUP P. 112



WHOLE WHEAT CHICKEN NOODLE SOUP P. 112



CHICKEN-TORTILLA SOUP P. 112



CHICKEN PARMIGIANA SOUP P. 113



VIETNAMESE CHICKEN PHO
P. 113



CHICKEN & SHRIMP PAELLA SOUP P. 113



DOUBLE-BAKED DOUBLE-STUFFED POTATOES P. 69



TURKEY FRITTATA WITH CHARD MP*



CHEESY PEARL COUSCOUS WITH BROCCOLI MP*



EGGS IN CLOUDS
P. 20



PASTA WITH BROCCOLI SAUCE P. 22



HOPPIN' JOHN
P. 24

GRAINS, PASTA & BAKES

SAMMIES, BURGERS & PIZZA



DOUBLE-DECKER "ANIMAL STYLE" P. 14



FIGGY FETA PANINI
P. 20



CARROT-TOP BURGERS
P. 22



LEMON WHEEL & RICOTTA PIZZA P. 55



CHICKEN SALAD "SUSHI" ROLLS P. 74



PB&B CRUNCHIES
P. 74



DOUBLE-STUFFED SHRIMP P. 82



MEAT & POULTRY



MANGO PORK WITH MINTY BROWN RICE & PEAS MP*



ROASTED PRIME RIB
P. 17



MASALA MEATBALLS
P. 18



LITTLE LAMB DIPPERS
P. 20



LIME-IN-THE-COCONUT DRUMSTICKS P. 55



MEATLOAF & POTATO PILEUP P. 98



CHICKEN PARM-ATOUILLE P. 99

DESSERTS



POMEGRANATE SORBET
P. 18



FAUX-FITEROLES
P. 20



ITTY-BITTY LEMON OR LIME PIES P. 54



TRIPLE-LAYER CARROT CAKE P. 72

* Meal Planner

MENU

**YOUR
JAN/FEB 2012
RECIPE
INDEX**



SOUPS & STEWS



AMAZING ONION DIP +
MORE **P. 51**

➤➤➤➤➤➤➤➤➤➤

DUCK, DUCK, SOUP!
P. 18

TOMATO & GRILLED CHEESE
SOUP **P. 29**

PORK STEW WITH FENNEL
& APRICOTS **P. 62**

LAMB STEW WITH
TOMATOES & BACON **P. 64**

CHUNKY BEEF &
VEGGIE SOUP **P. 65**



SALADS & SIDES



ALPHABET-MEATBALL
MINISTRONE **P. 113**

SPINACH & EGG
STRACCIATELLA SOUP **P. 113**

ANDOUILLE GUMBO
P. 113

➤➤➤➤➤➤➤➤➤➤

ASPARAGUS &
PORTOBELLO SALAD **MP***

ESCAROLE SALAD WITH
GRAPEFRUIT **P. 18**

PARMESAN CABBAGE
P. 22



HERBY SPAGHETTI SALAD
P. 74

USE-YOUR-NOODLE
MINI FRITTATAS **P. 74**

TUSCAN RISOTTO WITH
WALNUTS & 'SHROOMS **P. 84**

DRUNKEN RISOTTO WITH
SPINACH & SPECK **P. 84**

REALLY BUTTERY SAFFRON
TAGLIATELLE **P. 87**

CHEESY MAC 'N'
BANGERS BAKE **P. 98**

PEA RISOTTO WITH
SQUASHY SOUFFLE **P. 99**



FISH & SEAFOOD



DOUBLE-HIGH TURKEY &
PORTOBELLO MELTS **P. 78**

DOUBLE-BACON BURGERS
WITH MAPLE ONIONS **P. 79**

PACK-IT-IN PIZZA
HEROS **P. 98**

SURF 'N' TURFER
SAMMIES **P. 99**

➤➤➤➤➤➤➤➤➤➤

CRISPY SALMON WITH
FRIEZE MASHERS **MP***

TANGY LIME SHRIMP
P. 55



POT-ROASTED PORK
WITH PEPPERS **P. 64**

BRAISED BEEF WITH
CARROTS & ONIONS **P. 65**

COCK-A-DOODE SKEWERS
WITH DIPPING SAUCE **P. 74**

DOUBLE-MEAT
WHITE RAGU **P. 80**

BRAISED SAUSAGES WITH
MACARONI & FENNEL **P. 81**

PROSCIUTTO-WRAPPED
CHICKEN **P. 86**

VEAL LOVEBIRDS
P. 87

DRINKS



➤➤➤➤➤➤➤➤➤➤

HOT BUTTERED RUM
P. 22

BLOOD ORANGE MIMOSAS
P. 24

WARM SWEET & SOUR
GINGERED LEMONADE **P. 55**

CLICK

Still hungry? We're
posting new recipes
and ideas every day at
rachaelraymag.com.

**FAST
EDITION**

Under 30 Min.

Your Weeknight Meal Planner

SHOP ON SUNDAY; FEED YOUR FAMILY 'TIL FRIDAY.

RECIPES BY VIVIAN JAO
PHOTOGRAPHY BY DAN ROBERTS

M



Turkey Frittata with
Chard

T



Crispy Salmon with
Frisée Mashers

W



Mango Pork with
Minty Brown Rice

Th



Asparagus &
Portobello Salad

F



Cheesy Couscous
with Roasted
Broccoli

SUNDAY

THE USE-IT-ALL-UP SHOPPING LIST

PRODUCE

- ☐ 1 lemon
- ☐ 1 bunch asparagus (1 lb.)
- ☐ 1 bunch broccoli (1¼ lbs.)
- ☐ 1 pkg. (5 oz.) baby spinach
- ☐ 1 large head frisée (10 oz.)
- ☐ 1 bunch swiss chard
- ☐ 1 head garlic
- ☐ 1 onion
- ☐ 1 bunch scallions
- ☐ 2 shallots
- ☐ 4 large portobello mushrooms (1 lb.)
- ☐ 1 bunch mint

DAIRY

- ☐ 1 qt. milk
- ☐ 2 sticks butter
- ☐ 1 lb. aged gouda
- ☐ ½ dozen eggs

MEAT & FISH

- ☐ 4 skin-on salmon fillets (6 oz. each)
- ☐ 1 pkg. (8 oz.) bacon
- ☐ 1½ lbs. pork tenderloin
- ☐ 1 lb. ground turkey (preferably dark meat)

GROCERY

- ☐ 1 jar (10 oz.) mango chutney, preferably with raisins
- ☐ 1 box (6.3 oz.) israeli or pearl couscous
- ☐ 1 box (17 oz.) chicken stock
- ☐ 1 jar (.5 oz.) bay leaves
- ☐ 1 pkg. (4 oz.) curry powder
- ☐ 1 bag (16 oz.) frozen corn
- ☐ 1 bag (16 oz.) frozen petite peas
- ☐ 1 bag (24 oz.) frozen potato slices, such as McCain
- ☐ 1 pkg. (10 oz.) steam-in-bag brown rice, such as Minute or Target's Market Pantry

Total Price: \$93.83

(EVOO, salt and pepper are freebies.)

meal
planner



Turkey Frittata with Chard

SERVES 4 PREP 7 MIN COOK 21 MIN

Go Indian with a touch of mango chutney and curry. The sweet and savory flavors are balanced with a side of earthy sautéed swiss chard.

Use it!



4 eggs



½ cup milk



Salt and pepper



4 tbsp. EVOO



1 lb. ground turkey, preferably dark meat



2 tsp. curry powder



1 onion, grated



⅓ cup mango chutney, preferably with raisins
(use the rest Wednesday)



2 bay leaves



1 bunch swiss chard, stems chopped and leaves cut into 1-inch ribbons

Make it!

1. Preheat the oven to 400°. In a large mixing bowl, beat together the eggs and milk; season with salt and pepper.

2. In a large, ovenproof nonstick skillet heat 2 tbsp. EVOO over high heat. Add the turkey, curry powder and half the onion; season with salt and pepper. Lower the heat to medium-high

and cook, stirring, until no longer pink, about 4 minutes. Stir in the chutney and bay leaves.

3. Add the egg mixture to the skillet, lower the heat to medium and cook, scraping the bottom occasionally with a spatula, until the eggs begin to set, about 3 minutes. Discard the bay leaves. Transfer the skillet to the oven and bake until fully set, about 10 minutes.

4. Meanwhile, in a large saucepan, heat the remaining 2 tbsp. EVOO over medium heat. Add the remaining onion and cook until softened, about 4 minutes. Add the swiss chard stems and $\frac{1}{4}$ cup water; season with salt and pepper. Cover and cook until tender, about 5 minutes. Add the chard leaves and cook, covered, stirring once, until just wilted, about 2 minutes. Serve with the frittata.

FOOD STYLING BY KATHRYN CONRAD; SET STYLING BY MISSY HABERMAN. INGREDIENT SHOTS BY RDA-MKE.



Can't find mango chutney at your store? Not a problem: Use a mixture of apricot jam, hot sauce and a small handful of raisins instead.



Crispy Salmon with Frisée Mashers

SERVES 4 PREP 10 MIN COOK 18 MIN

Fish fry! Perfectly cooked salmon is the star here. Dry the fish well by setting it skin side down on paper towels while it comes to room temperature. The skin will cook up crisp—instead of sticking to the pan.



Grate enough cheese for both this and Friday's recipe (keep Friday's cheese refrigerated in a covered container). Save the remaining chunk to shave for Thursday's salad.

Use it!



2 tbsp. EVOO



2 cloves garlic,
sliced



1 bag (24 oz.)
frozen potato
slices, such as
McCain, thawed



4 skin-on
salmon fillets
(6 oz. each),
patted dry



Salt and pepper



4 tbsp. butter,
at room
temperature



1 cup (about
2½ oz.) grated
aged gouda
(use more on
Thursday)



2 tbsp. milk



½ large head
frisée—washed,
dried and chopped
(use the rest
thursday)



2 scallions,
sliced
(use more on
Thursday)



Make it!

1. In a large saucepan, heat 1 tbsp. EVOO over medium heat. Add the garlic and cook until lightly golden, 1 to 2 minutes. Add the potatoes and 1½ cups water. Bring to a simmer, cover and cook, stirring once halfway through, until softened, about 10 minutes; drain and return to the pot.

2. Meanwhile, preheat a large, heavy skillet over medium-high heat. Rub the salmon with the remaining 1 tbsp. EVOO and season with salt and pepper. When the skillet is hot, add the salmon, skin side down, and cook, undisturbed, until the skin is very crisp, about 3 minutes. Lower the heat to medium and cook for 3 more minutes. Flip and cook until almost opaque at the thickest part, 1 to 2 minutes.

3. Meanwhile, mash the butter into the potatoes until mostly melted. Add the cheese, milk, frisée and scallions and coarsely mash; season with salt and pepper. Serve with the salmon.

**FIND
OUT
MORE!**

SEE TIP
ON P. 114



Freeze extra
mint in ice
cubes to add
to water,
lemonade or
iced tea.

Mango Pork with Minty Brown Rice & Peas

SERVES 4 **PREP** 10 MIN **COOK** 19 MIN

A side of filling brown rice popping with peas and fresh mint is the perfect match for juicy pork tenderloin. Brew some mint tea to serve with dinner if you're in the mood for a hot drink.

Use it!



1½ lbs. pork
tenderloin,
halved
crosswise



1 tbsp. curry
powder



Salt and pepper



2 tbsp. EVOO



1 pkg. (10 oz.)
steam-in-bag
brown rice, such
as Minute or
Market Pantry



2 tbsp. butter



2 shallots, finely
chopped



10 oz. frozen
petite peas,
thawed



¼ cup chopped
fresh mint



⅔ cup mango
chutney,
preferably with
raisins

(finish it up)

Make it!

1. Preheat the oven to 450°. Rub the pork with the curry powder, salt and pepper; drizzle with 1 tbsp. EVOO. In a large cast-iron skillet, heat the remaining 1 tbsp. EVOO over medium-high heat. Add the pork and cook until browned all over, about 5 minutes. Transfer the pan to the oven and roast until the pork registers 150° on an instant-read

thermometer, about 10 minutes. Transfer the pork to a cutting board and let rest, loosely covered with foil; reserve the skillet.

2. Meanwhile, prepare the brown rice in the microwave according to package directions.

3. Return the reserved skillet to medium heat and add the butter to melt. Add the shallots

and cook for 2 minutes. Add the peas and cook until heated through, 2 to 3 minutes. Stir in the rice and mint; season with salt and pepper.

4. Thinly slice the pork; dollop the mango chutney on top. Serve with the rice.





Pick asparagus with tips that are tightly closed. They're fresher and will last longer in the refrigerator.

Asparagus & Portobello Salad

SERVES 4 (ABOUT 2 ½ CUPS PER SERVING) **PREP** 15 MIN **COOK** 14 MIN

Just because there's no meat doesn't mean it's not hearty! Crispy broiled asparagus and portobellos pack plenty of satisfaction. The finishing touch of shaved aged gouda (buttery and salty!) guarantees a beautiful blend of flavors and textures in every bite.

Use it!



6 tbsp. EVOO



1 large clove
garlic, finely
chopped



1 bunch (1 lb.)
asparagus, cut
into bite-size
pieces



Salt and pepper



4 large
portobello
mushrooms
(1 lb.), stems
discarded



2 scallions, white and
green parts thinly
sliced separately
(use the rest
Friday)



½ lemon, zested
and juiced



1 pkg. (5 oz.)
baby spinach



½ head frisée,
torn
(finish it up)



2 cups shaved
aged gouda
(use the rest
Friday)



Make it!

1. In a small bowl, stir together 3 tbsp. EVOO and the garlic.

2. Position the oven rack 6 inches from the broiler and preheat. Arrange the asparagus in a single layer on a foil-lined rimmed baking sheet. Drizzle with 1 tbsp. EVOO and season with salt and pepper. Broil until crisp-tender, about 3 minutes. Transfer to a salad bowl.

3. Place the mushrooms on the same baking sheet. Brush all over with the garlic oil and season with salt and pepper. Broil gill side up for 7 minutes. Scatter the scallion whites on top, flip over the mushrooms and broil until cooked through and lightly browned, about 4 minutes. Transfer to a cutting board to cool slightly.

4. Meanwhile, in a bowl, whisk together the lemon juice, lemon zest and remaining 2 tbsp. EVOO. Chop the mushrooms into bite-size pieces and add to the asparagus, along with the scallion greens, spinach and frisée. Drizzle with the lemon dressing, season with salt and pepper and toss. Top with the gouda.

M

T

W

Th

F



Don't have chicken stock on hand? Use the pasta cooking liquid instead. You can also use orzo or another small pasta instead of the couscous.

Cheesy Pearl Couscous with Roasted Broccoli

SERVES 4 **PREP 10 MIN** **COOK 19 MIN**

A fresh take on mac 'n' cheese, this dish uses chewier israeli couscous instead of pasta. The addition of smoky bacon and sweet corn means it's also stick-to-your-ribs good.

Use it!



5 tbsp. butter



2 cloves garlic,
finely chopped



1 bunch
broccoli, cut
into florets



1 pkg. (8 oz.)
bacon, cut into
1-inch pieces



1 box (6.3 oz)
israeli or pearl
couscous



10 oz. frozen
corn, thawed



4 scallions,
chopped
(finish it up)



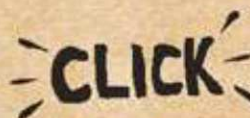
2 cups chicken
stock



Salt and pepper



3 cups (about
8 oz.) grated
aged gouda
(finish it up)



Sign up for a no-brainer weeknight meal plan at rachaelraymag.com/mealplanner. You'll get 5 new ideas each week, plus an instant grocery list!

Make it!

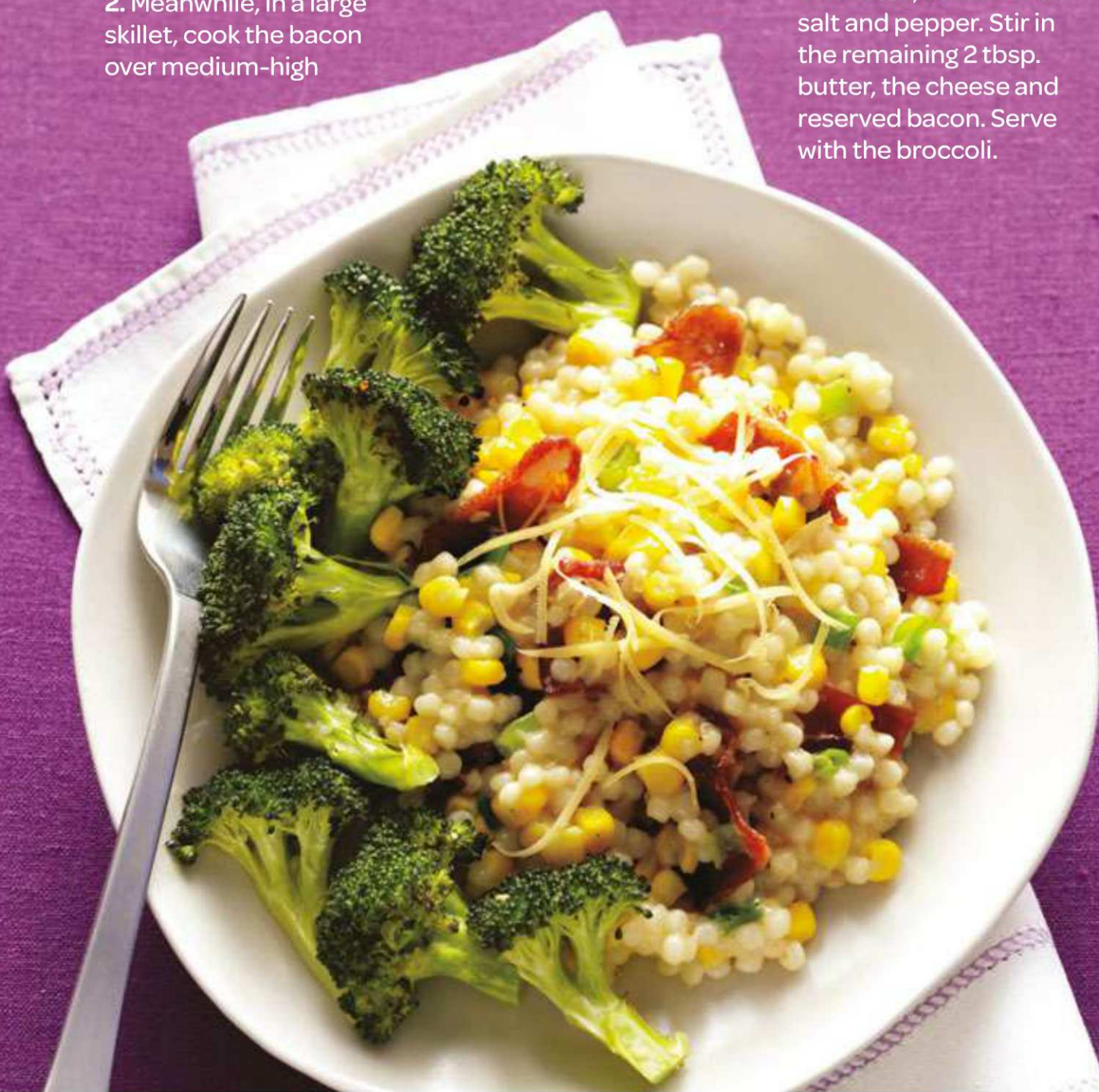
1. Preheat the oven to 450°. In a small bowl, melt 3 tbsp. butter in the microwave, then stir in the garlic. Spread the broccoli in a single layer on a rimmed baking sheet; drizzle with the garlic butter. Roast until tender, about 10 minutes.

2. Meanwhile, in a large skillet, cook the bacon over medium-high

heat until crisp, about 10 minutes; transfer to a paper-towel-lined plate. Reserve the skillet, discarding all but 1 tbsp. of the bacon fat.

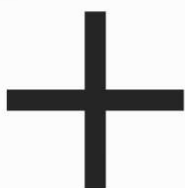
3. In a large pot of boiling, salted water, cook the couscous until just al dente, 5 to 6 minutes; drain.

4. Add the corn and scallions to the reserved skillet and cook over medium-high heat until warmed through, about 2 minutes. Add the couscous and chicken stock and simmer until the liquid is absorbed, about 2 minutes; season with salt and pepper. Stir in the remaining 2 tbsp. butter, the cheese and reserved bacon. Serve with the broccoli.



Sweet Potato Soup

Simply-fied™



Peel your prep time in half with fresh, never frozen, Simply Potatoes®.
Get this and other deliciously easy recipes at simplypotatoes.com. *In the refrigerated section.*

RACH'S NOTEBOOK *Burger of the Month*

In-N-Out Burger invented the Double-Double Animal Style—and we invented your at-home version. Warning: You need all the stomach room you can get. Open double-wide! BY RACHAEL RAY

Double-Decker “Animal Style”

SERVES 4



Sauce

- ½ cup sour cream
- ¼ cup ketchup
- 2 tbsp. dill pickle relish
- 1 tbsp. white wine vinegar
- 1 tsp. superfine sugar
- Salt and pepper

Onions

- 2 tbsp. EVOO
- 2 large onions, chopped

Salt and pepper

- ½ cup beef stock or consommé

Burgers

- 2 lbs. ground beef
- ¾ cup worcestershire sauce
- 4 cloves garlic, finely chopped
- A handful flat-leaf parsley, finely chopped

Coarse salt and coarse pepper

- ½ cup dijon or grainy dijon mustard
- 8 slices swiss or comté
- 4 brioche or other hamburger buns, split
- Sliced bread-and-butter pickles, sliced tomatoes and chopped lettuce, for serving

- 1.** Make the sauce: Mix the first 5 ingredients. Season with salt and pepper.
- 2.** Make the onions: In a skillet, heat the EVOO over medium heat. Add the onions and season with salt and pepper. Cook until browned, about 15 minutes. Stir in the stock (or consommé) and cook until tender, 10 to 15 minutes.
- 3.** Make the burgers: Combine the beef, worcestershire, garlic and parsley; season with coarse salt and pepper. Form into 8 thin patties and drizzle with EVOO. Top each patty with 1 tbsp. mustard. Preheat a large griddle pan over medium-high heat. Add the patties mustard side up and cook for 4 minutes. Flip and cook for 2 more minutes. Top with the cheese to melt in the last minute of cooking.
- 4.** Stack 2 patties with some onions between them on each bun bottom. Top with the pickles, tomatoes, lettuce, special sauce and bun tops.



FOOD STYLING BY CYD RAFTUS MCDOWELL; PROP STYLING BY HEATHER CHONTOS.

PHOTOGRAPH BY JOHN KERNICK



NEW

THE FIRST
fruit & veggie

PRODUCT FROM THE #1 SELLING MULTIVITAMIN BRAND



New ProNutrients™ Fruit & Veggie from the makers of Centrum®

ProNutrients Fruit & Veggie works with your multivitamin and provides the antioxidant properties of a full serving of a blend of fruits and vegetables.**



©2011 Pfizer

www.ProNutrients.com

**Based on the average ORAC value for the top 10 most commonly consumed fruits and vegetables in the US.
ORAC measures the antioxidant capacity of fruits and vegetables.
This product is not intended to replace your daily intake of fruits and vegetables.

*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

Give us 30 days for your best year ever.



30 recipes

Try Asian Lettuce Wraps!
Combine Bibb lettuce, carrots, scallions, cilantro and Tyson® Grilled & Ready® chicken with our super easy sauce. Under 500 calories!



30 tips

Don't get stuck in a food rut.
Hungry Girl Lisa Lillien keeps things interesting to avoid temptation with new, guilt-free Hungry Girl recipes with Tyson® Grilled & Ready® products.
Sign up for daily e-mails at hungry-girl.com



30 prizes

Body-Solid Best Fitness Elliptical.
Just one of many prizes, all designed to help you stick to your new routine.

30 days
ways
rewards

30days30ways30rewards.com

NO PURCHASE OR PAYMENT OF ANY KIND IS NECESSARY TO ENTER OR WIN. Void where prohibited. Open to legal residents of the 50 U.S. states or D.C., who are the age of majority in their state of residence (19 in NE and AL, 18 in all other states) at the time of entry. Odds of winning depend on the number of eligible entries received corresponding to a given daily drawing. Go to www.30days30ways30rewards.com for full Official Rules. Begins 1/2/12, ends 1/31/12. Sponsor: Tyson Foods, Inc., 2200 Don Tyson Pkwy, Springdale AR 72762.

©/© 2011 Tyson Foods, Inc.



YUM! 18 FAST IDEAS

A bunch of easy recipes

VALENTINE'S
DINNER
for two!

1 Roasted Prime Rib

1½ lbs. bone-in prime rib steak, at room temperature • coarse and fine sea salt • 1 tsp. EVOO ➔ Coat steak with ½ tsp. coarse sea salt. Coat baking sheet with EVOO; add steak and cook at 300° on top rack of oven until internal temperature registers 120°, about 25 minutes. Increase heat to broil, flip steak and brown for 3 minutes for medium-rare. Let rest 10 minutes, loosely covered with foil, before carving. Season with fine sea salt. Serves 2.

YUM!

2 Escarole Salad with Grapefruit & Pistachios

$\frac{1}{2}$ cup shelled roasted pistachios • $\frac{1}{4}$ cup EVOO • 1 tbsp. red wine vinegar • 2 tsp. honey • 2 grapefruits • 1 large head escarole, leaves torn ➔ Puree half the nuts, the EVOO, vinegar and honey in blender. Segment grapefruits over large bowl, then toss with escarole and dressing; season. Top with remaining nuts. Serves 4.



WINTER
greens

3 Masala Meatballs

$\frac{1}{2}$ cup plain dry breadcrumbs • 3 tbsp. milk • $1\frac{1}{4}$ lbs. ground chicken • 2 eggs • 2 tbsp. finely chopped cilantro • salt • 2 tbsp. EVOO • 2 tbsp. curry powder • 2 cups marinara • 10 oz. spinach ➔ Mix first 5 ingredients with $\frac{1}{4}$ tsp. salt. Heat EVOO in skillet over medium. Brown tbsp.-size meatballs in skillet. Stir in remaining ingredients. Cover; simmer 7 minutes. Serves 4.



Multicultural Chicken

4 Garlic Oil

$\frac{1}{4}$ cup EVOO • 2 cloves garlic, crushed • salt ➔ In small saucepan over medium heat, cook EVOO and garlic until garlic is golden. Off heat, stir in $\frac{1}{2}$ tsp. salt. Let cool; discard garlic. Refrigerate up to 1 week. Makes $\frac{1}{4}$ cup.



Saucy Drizzle

5 Mini Corn Dogs

14-oz. package mini hot dogs • 1 cup pancake mix • 1 egg • vegetable oil ➔ Slide each dog lengthwise onto 6-inch wooden skewer. Combine pancake mix, egg and $\frac{1}{2}$ cup water. Pour oil into large saucepan to $1\frac{1}{2}$ -inch depth; heat to 350°. Dip dogs in batter, then in oil until golden, 30 seconds. Serves 6.



Super Bowl Snack

6 Pomegranate Sorbet

$\frac{1}{2}$ cup sugar • 3 cups chilled pomegranate juice • 1 lemon, juiced ➔ Simmer sugar and $\frac{3}{4}$ cup water in small saucepan until reduced to $\frac{3}{4}$ cup, about 10 minutes. Combine sugar syrup and fruit juices; chill. Process in ice cream maker. Serve immediately, or freeze in container with plastic wrap pressed on surface. Makes 4 cups.



Icy-Sweet Valentine's Treat

1 Duck, Duck, Soup!

Bones from takeout peking duck • 1 qt. chicken broth • 2 cloves garlic, crushed • 4 slices ginger • $\frac{3}{4}$ lb. bok choy, sliced • $1\frac{1}{4}$ cups shredded duck meat • $1\frac{1}{2}$ cups cooked rice • 1 scallion, sliced ➔ In medium pot, simmer bones, broth, 1 cup water, garlic and ginger for 25 minutes; strain. Return to pot with remaining ingredients; simmer 5 minutes. Serves 4.



Last Night's Dinner, Today's Lunch!

PLUMP JUICY DELICIOUS

WELCH'S® 100% GRAPE JUICE.
TWO SERVINGS OF FRUIT IN EVERY GLASS.
NO ADDED SUGAR. EVER.



YUM!



8 Eggs in Clouds

4 eggs • $\frac{1}{4}$ cup grated pecorino-romano • $\frac{1}{4}$ cup chopped chives • $\frac{1}{4}$ cup cooked crumbled bacon • pepper ➔ Separate eggs, putting whites in 1 large bowl and yolks in 4 separate small bowls. Whip whites until stiff peaks form. Fold in cheese, chives and bacon. Spoon into 4 mounds on parchment-lined baking sheet; make a deep well in center of each. Bake at 450° for 3 minutes, then add 1 yolk to each well; season with pepper. Bake until yolks are just set, 2 to 3 minutes. Serves 4.

FIND OUT MORE!
SEE TIP ON P. 115

NEW-SCHOOL
breakfast

9 Faux-fiteroles

1 pt. vanilla ice cream or gelato, slightly softened • 6 small (about 3-inch) brioche rolls, sliced in half but not all the way through • chocolate sauce, for serving ➔ Scoop about $\frac{1}{2}$ cup ice cream onto each brioche bottom; gently press down brioche tops. Drizzle with chocolate sauce. Makes 6.



Ice Cream Dream

10 Little Lamb Dippers

$\frac{1}{2}$ cup cherry jam • 2 tbsp. soy sauce • 2 lbs. small lamb rib chops, frenched ➔ Combine jam and soy sauce. Season lamb. Heat grill pan over high heat and sear ribs, 1 minute per side. Serve with sauce for dipping. Serves 4.



Lamb-y Lollipops

11 Figgy Feta Panini

$\frac{1}{2}$ -inch-thick slice feta • 2 slices sandwich bread • 1 tbsp. fig jam • $\frac{1}{2}$ tbsp. butter ➔ Place cheese on 1 bread slice and spread fig jam evenly on the other; sandwich together. Butter outside of sandwich, add to hot skillet and cook until golden, 5 minutes. Makes 1.



Jammy Sammy



Eggo

*Thick
& Fluffy*

**Don't just serve breakfast.
Parade it with the biggest,
fluffiest Eggo® waffle yet.**

Also available in Cinnamon Brown Sugar.

Eggo...*simply delicious™*



12 Pasta with Broccoli Sauce

1 lb. orecchiette • 5 cups broccoli florets plus 2 cups peeled, chopped stems • 2 cloves garlic • 3 tbsp. EVOO • 1 tsp. lemon zest • $\frac{1}{4}$ cup grated parmesan ➔ Cook pasta; 3 minutes before done, add florets. Drain; reserve $\frac{1}{2}$ cup pasta water. In processor, finely chop stems and garlic. Heat EVOO in pan over medium. Add chopped stems and zest; cook 3 minutes. Add 1 cup water; cook 5 minutes. Mix in cheese, pasta, florets and reserved pasta water. Serves 4.



Get-Your-Greens Pasta

13 Carrot-Top Burgers

3 cups shredded carrots • 2 tsp. honey • 1 tsp. white wine vinegar • salt & pepper • 1½ lbs. ground beef chuck • $\frac{1}{4}$ cup grated sweet onion • 3 tbsp. ketchup • 2 tsp. EVOO • 4 hamburger buns, toasted ➔ Mix carrots, honey and vinegar; season with salt. Mix beef, onion, ketchup, 1 tsp. salt and $\frac{1}{2}$ tsp. pepper; make 4 patties. Heat EVOO in large skillet over medium-high; brown burgers on both sides, about 10 minutes for medium. Serve on buns topped with carrots. Serves 4.



Weeknight Dinner

14 Parmesan Cabbage

1 tbsp. EVOO • $\frac{1}{2}$ cup chopped onion • 2 cloves garlic, crushed • salt & pepper • 10 cups chopped green cabbage • $\frac{1}{2}$ cup chicken broth • 1 cup shredded parmesan ➔ Heat EVOO in large pot over medium. Add onion, garlic and $\frac{1}{4}$ tsp. salt; cook until soft, about 5 minutes. Add cabbage and cook 5 minutes. Add broth, cover and cook until almost dry, about 10 minutes. Off heat, stir in $\frac{3}{4}$ cup cheese. Serve with remaining cheese and pepper. Serves 4.



Perfect with Pork

15 Hot Buttered Rum

2 tbsp. room-temp salted butter • 1 tbsp. dark brown sugar • 2 tsp. pumpkin pie spice • 2 oz. dark rum • 12 oz. hot apple cider ➔ In bowl, whip butter, brown sugar and pie spice; chill until firm. Divide butter mixture and rum between 2 mugs; stir in hot cider. Makes 2.



TOASTY
toddy



Ready-to-eat tuna that's
QUICK & DELICIOUS.

"Thanks, Charlie[™]
for an easy lunch at my desk!"

©2012 StarKist Co. All Rights Reserved.

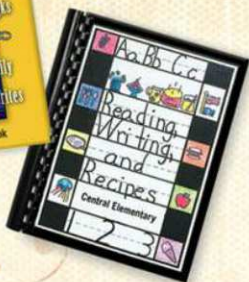


Visit StarKist[®] on Facebook for Hungry Girl's "TOP ATE" reasons for *loving* the StarKist Flavor Fresh Pouch[®]!



facebook.com/StarKist





Publish your own Cookbook

Raise \$500 – \$50,000

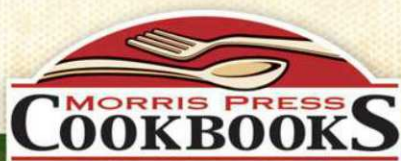
Cookbooks are proven fundraisers and perfect keepsakes for your church, school, family, business, or organization. We make it fun and profitable!

- As low as \$2.10 per book
- **FREE** features and options to customize
- Sales guarantee, online tools, and more



Call for a **FREE**
Cookbook Kit

800-445-6621
ext. RR1



www.morriscookbooks.com

YUM!

16 Blood Orange Mimosas

2 cups fresh blood orange juice, chilled
• 1½ cups champagne, chilled → Combine juice and champagne in large pitcher. Stir and serve in champagne glasses. Serves 4.



Cheers to New Year's!

17 Maple-Vinegar Drizzle

3 tbsp. butter • ½ cup chopped shallots
• ¾ cup cider vinegar • ½ cup maple syrup
→ Melt butter in pan. Add shallots; cook 5 minutes. Add vinegar and syrup. Cook 10 minutes; season. Makes ¾ cup.



Tangy Topper

18 Hoppin' John

4 slices bacon, chopped • 1 small onion, chopped • 15-oz. can black-eyed peas
• 1 tsp. Old Bay Seasoning → In medium saucepan over medium heat, brown bacon. Add onion; cook until soft, 5 minutes. Add peas, their can liquid and Old Bay; simmer 5 minutes. Serve with cornbread. Serves 2.



GOOD LUCK
brunch

Legend has it that a New Year's serving of black-eyed peas will ensure prosperity throughout the coming year. The same can be said for lentils, Rach's fave New Year's treat.



Get Fast Ideas galore! We'll email our top 10 quick and healthy recipes your way twice a month—just sign up at rachaelraymag.com/fastideas.

GET 'EM TO GO... Snap this code with your phone, choose the recipes you like and get an instant grocery list. Easy! Download the free app at gettag.mobi.





SHOWS

Now we're cooking!

Wow! A thou! If that's not worth a bash,
what is? For good eats, great friends,
awesome surprises and more...
don't miss Rach!

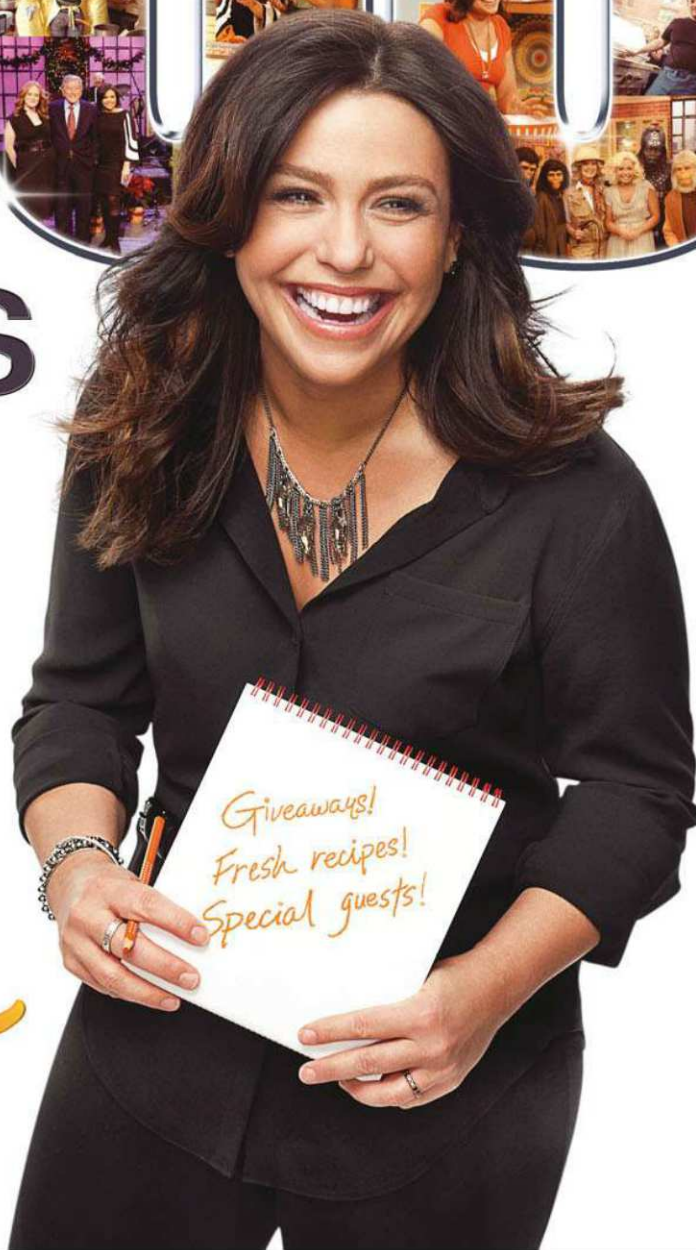
THIS FEBRUARY

RACHAEL

SO FRESH YOU CAN TASTE IT

check local listings | www.rachaelrayshow.com

TM & © 2012 CBS Studios, Inc. All Rights Reserved.





"FOR MY FAMILY, ONLY THE BEST IN NUTRITION."

Compared to ordinary eggs:

- 25% less saturated fat
- 10 times more vitamin E
- 3 times more vitamin B₁₂
- 2 times more vitamin D
- Double the Omega 3
- 38% more lutein
- 175 mg cholesterol (58% DV)
- Good source of vitamin B₂
- 125 mg choline

Eggland's Best eggs are different. As soon as you open a carton of EBs, you see that red EB stamp on every egg—the sign that you're getting the very best in freshness and quality.

Besides giving your family superior nutrition, EBs also give them more of the farm-fresh taste they love. Better taste and better nutrition also add up to better value—which is something all families are looking for these days.

So, why give your family ordinary when you can give them the best? Eggland's Best.



Also available in cage-free and organic varieties



Better taste. Better nutrition.
Better eggs.™

www.EgglandsBest.com

[facebook.com/EgglandsBestEggs](https://www.facebook.com/EgglandsBestEggs) @EgglandsBest

every
DAY



fun

FRIENDS

TRENDS

FAVES

We Tried It

BATTLE OF THE BITES!

We tasted our favorite American snacks and their international counterparts to see which ones really packed a punch. BY ALLYSON DICKMAN

ITALY VS. USA

Nutella

WINNER: ITALY

Nutella from its country of origin took the cake: The texture is creamier and easier to spread—Italy uses richer vegetable oil in its recipe, while America uses a less dense palm oil. As for flavor, the winner has a deep roasted-hazelnut taste and is less saccharine.

EUROPE VS. USA

Heinz Ketchup

WINNER: USA

No contest here. Thick and tomatoey, American Heinz won by a landslide over its European cousin, which is thin, runny and sweet. The U.S. recipe is made with onion powder instead of celery powder, for a spicier blend.

MEXICO VS. USA

Coca-Cola

WINNER: MEXICO

South-of-the-border Coke got the thumbs up for being refreshing, light and extra-fizzy, while the American version tasted syrupy and sugary. The difference: Mexico's is brewed with cane sugar instead of high-fructose corn syrup. Trust us, it makes all the difference.

CANADA VS. USA

Oreos

WINNER: USA

We almost called this one a tie, but American Oreos won by a hair, with crunchier, slightly larger cookies and nostalgic thick, sweet frosting. The Canadian version uses coconut oil in its filling for a silkier center.

UNITED KINGDOM VS. USA

Cadbury Dairy Milk Bars

WINNER: UNITED KINGDOM

It's all about texture! The U.K. treats use fewer stabilizers (like the soy lecithin in the U.S. version), so the chocolate melts faster and has more cocoa bean flavor than the waxier American bars.



Bar Spy

That's the ROCK STAR SPIRIT!

These musicians struck a chord with their own brands of booze. Try 'em! BY ALLYSON DICKMAN

Dave Matthews

The singer-songwriter launched **The Dreaming Tree** wines (\$15, dreamingtrees.com) with an eco vision: The bottles are 50 percent lighter than the average cask, and the label is made from recycled paper.

Kid Rock

To help his home city Detroit's economy, Kid created the Michigan-made lager **American Badass Beer** (\$2 for 22 oz., americanbadassbeer.com). The citrusy brew is made with red winter wheat and stamped with an eagle label based on his tattoo.

Justin Timberlake

Named after the area code in JT's hometown of Memphis, **901 Tequila** (\$40, 901.com for stores) is poured into shots and signature margaritas at his NYC soul food restaurant, Southern Hospitality.

Willie Nelson

The country superstar's song-inspired, 86-proof **Old Whiskey River Bourbon** (\$25, drinksamericas.com for stores) comes with a bandana-patterned seal and a signed guitar pick. Keeping with his long-standing support of U.S. agriculture, Willie uses ingredients grown on family-owned farms.



Rach says: "You have to try ZZ Top frontman Billy Gibbons' Pura Vida Tequilas (\$35 and up, puravida.mx for stores). My fave variety is añejo: It's aged in bourbon barrels for at least a year, so it has a rich flavor."

Nibble on This!

The New York Public Library has in its stacks more than 40,000 restaurant menus, from 1843 to 2010, which it is now digitizing. Among the NYPL's most famous docs: the list of dishes offered at Mark Twain's 70th birthday bash at New York City's Delmonico's in 1905.

Quiz Whiz

CARTOON COOK-OFF!

Look who's getting a TV toon up! Can you match the famous chefs to their animated alter egos?



1 Rach's chef pal and co-host of ABC's *The Chew* brings his Italian insight—as well as his orange Crocs—to the table when the Simpsons start their own food blog.

2 The dying wish of *Squidbillies*' Early Cuyler is to eat a meal cooked by this popular Atlanta-based gourmand. There's even a Facebook group dedicated to the chef's impressive beard!

3 Marge Simpson lives out her *Top Chef* dreams until this guitar-playing executive chef of Craft in NYC decides her fate with the show's catchphrase: "Please pack your knives and go."

4 Find the Austrian-born chef's gourmet pizza at his restaurant Spago, in the frozen food aisle at the supermarket, and even in 3D when his doppelgänger cooks up mini pies for the Smurfs.

Two-For-One Tastes

Split-Personality Soups



Our hungry buddies at **Serious Eats** combine our favorite flavors in these delish liquid duos. The result: bowls that are definitely more than the sum of their parts.

Tomato & Grilled Cheese Soup

Pour prepared tomato and cheddar soups into separate saucepans and heat through; ladle some of each into a heatproof mug. Simultaneously pour the soups into a bowl from opposite sides. Use a spoon to create a swirl pattern where the soups meet. If you wish, top with homemade croutons: Slice white bread into ½-inch cubes and add to a preheated greased skillet. Toast over low heat, stirring occasionally, until golden-brown on all sides; season with salt. Add to the soup before serving.



TRY THESE TWISTS, TOO!

Creamy Chicken & Black Bean:

Pour them in a bowl and garnish with a handful of corn chips or chopped cilantro.

Thai Coconut & Butternut Squash:

Mix them together and add a handful of chopped mint and a few squirts of sriracha.

Creamy Potato & Cheddar Cheese:

Go fully loaded—sprinkle with crumbled bacon and add a dollop of sour cream.

Corn-Clam Chowder:

For the ultimate New England combo, swirl them together and top with crushed oyster crackers.

Run a toothpick through the soup to make zigzag patterns!

Rockin' Restaurant

FOOD FOR THE SOUL

We can't stop talking about rocker Jon Bon Jovi's pay-what-you-can restaurant, **JBj Soul Kitchen**, in Red Bank, New Jersey! Diners dig into dishes like rainbow beet salad and grilled pork chops with fig and apple chutney. What's not on the menu? Prices! The eatery provides gourmet meals to the hungry; patrons are encouraged to leave whatever they can afford, or pay by volunteering. (207 Monmouth St., jbjsoulkitchen.org)



Jon's restaurant is in a former auto-body shop!

On Trend

New Year, New Food!

Get ready to eat, pour and click on these culinary trends in 2012.



FLAVORED CONDIMENTS

Ketchup with a kick is hitting it big: José Andrés' American Eats Tavern pop-up in Washington D.C. offers flavors like oyster, anchovy and mushroom, while Empire Mayonnaise Co. has 40 flavors of mayo, like foie gras and coffee.

WINE ON TAP

The grown-up grape juice has seen some big changes behind the bar, like the 26-foot-tall wine wall with 42 stainless-steel barrels of wine on display at Two Urban Licks in Atlanta. And a Whole Foods in Dallas is selling more than 30 vinos on tap!

ORDER ON FACEBOOK

The social-networking site is now a one-stop food shop. Takeout buffs can fill out the online tab listed on a restaurant's profile page, then "like" their fave dishes, recommend them to friends—and, oh yeah, order dinner.

THE KING OF POP

World-famous soda seller John Nese has been known to hit the soft drinks—hard.

We asked him for a peek into the fizz biz. BY ASHLEA HALPERN

John
Nese



YOU'LL PROBABLY HEAR owner John Nese before you see him. “Don’t buy that!” he’ll bellow from across Galco’s Soda Pop Stop if he busts you reaching for a highly recognizable brand of cola. “You can get that anywhere!”

He might recommend Mr. Q. Cumber, the fizzy vegetable soda from Romania, or the “dessert-good” Americana, an old-fashioned cream soda sweetened with organic honey. Wearing his signature red apron, John scurries from aisle to aisle, kibitzing with customers, laughing like a jolly SoCal Santa Claus and speaking with an almost Rockwellian innocence (“gee whiz!”).

This 10,000-square-foot Los Angeles space wasn’t always a soda shop: It was the Nese family’s Italian grocery store, and John started working there at age 6. He shifted the store’s focus to soda in the mid-’90s, after a run-in with a pushy cola vendor who wouldn’t cut him a good deal. John told him thanks but no thanks, and went on the hunt for the best independent bottlers—the ones still using real glass and cane sugar, just like he grew up drinking. Twenty-five indie bottles turned into 200 bottles, and 200 eventually turned into 550, the number of brands he now carries.

Visitors travel from around the world to ogle the store’s selection. John once sold a Manhattan Special vanilla cream soda to a curious customer, only to



have him try to return it because he noticed “sediment”—seeds from the real vanilla beans in the soft drink. Consumers have grown so accustomed to chemical flavors that “the real thing often throws them for a loop,” he says with a laugh.

Once you choose your soda, John can tell you the best way to drink it. Don’t gulp down Moxie—the official soft drink of Maine—because “it comes out like carbonated cough medicine.” But if you sip it, you’ll note cola, root beer, cinnamon, vanilla, licorice and black cherry flavors.

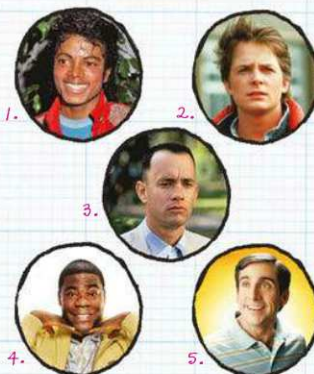
Want to get the impossibly good-natured vendor riled up? Mention selling soft drinks in schools (“I’m absolutely opposed to it”), a soda tax (“I don’t like politicians trying to put the blame on something”) or franchising (“I’m no Joe Cookie-Cutter”). True to his roots, John is always standing up for the little guy: He works with more than 100 small businesses and has commissioned special runs that have breathed new life into once-endangered brands like Bubble Up, a crisp lemon-lime soda invented nearly a century ago in Sandusky, Ohio.

Considering his reverence for the old-fashioned way of doing things, it’s no surprise that his daughter, Noelle, takes the lead interacting with customers on the store’s Facebook page and Twitter account (@galcos). “Facebook and Twitter,” asks John, “those are the same things, right?”

Pop Quiz

MATCH THE FAMOUS FACE TO HIS CARBONATED CO-STAR.

1. Michael Jackson’s hair infamously caught on fire while filming a commercial for this company in 1984.
2. This soft drink hadn’t yet been invented when Marty McFly tried to order it in *Back to the Future*.
3. Forrest Gump glugged this soda—and then told President John F. Kennedy, “I gotta pee.”
4. This soft drink sometimes fuels the antics of *30 Rock*’s Tracy Jordan.
5. Goody-two-shoes Andy Stitzer sips this soda during a boozy poker game in *The 40-Year-Old Virgin*.



Answers: 1. d; 2. a; 3. c; 4. e; 5. b

Sometimes your hands
could use a hand.



TOUCH₂O[®] TECHNOLOGY. TOUCH IT ON, TOUCH IT OFF.

Touch anywhere on the spout or handle with your wrist or forearm to start and stop the flow of water. Another way Delta[®] is more than just a faucet.

For a demo, visit deltafaucet.com/touch



A *beautiful* TOUCH

We're making over the *Every Day with Rachael Ray* Studio Kitchen!

Our state-of-the-art kitchen and entertaining venue is getting a revamp—starting with the kitchen sink. We've installed a gorgeous one-touch faucet by Delta. With Touch₂O® Technology, the faucet turns on and off with just a touch. Whether we're preparing a meal or getting ready for a big event, it's the perfect fit for this busy and bustling kitchen.





We're so excited by our new kitchen that we've enlisted The Home Depot expert **Mike Cartozzo** to help us come up with some great tips inspired by our new faucet!



A TOUCH OF *clean*

- › **EVERY DAY TIP:** After each use, thoroughly wash cutting boards with hot, soapy water, then rinse and allow to air-dry or pat dry with paper towels.
- › **THE HOME DEPOT TIP:** With Delta's Touch₂O® Technology, you can start the water with your wrist or forearm and avoid touching the handle with dirty hands.



A TOUCH OF *green*

- › **EVERY DAY TIP:** Create an all-natural cleaner, disinfectant and deodorizer with equal parts water and white vinegar in a spray bottle.
- › **THE HOME DEPOT TIP:** Conserve water between tasks, like washing and rinsing glasses, and turn off the water. It's easier than ever with just a touch on the handle or spout of the Delta faucet.



A TOUCH OF *sheen*

- › **EVERY DAY TIP:** To get your coffeepot sparkling again, run a solution of equal parts vinegar and water through the coffee maker, then another cycle of just water to rinse it clean.
- › **THE HOME DEPOT TIP:** To keep your Delta faucet shining, easily wipe away calcium and lime buildup with Delta's patented Touch-Clean® soft, rubber nubbins.



A TOUCH OF *stream*

- › **EVERY DAY TIP:** Arrange your kitchen space so you can perform similar tasks side-by-side to keep things flowing. For example, keep your cutting area close to the stove to just chop and drop.
- › **THE HOME DEPOT TIP:** Nothing keeps things flowing smoother than a fast fill-up. This Delta faucet features MultiFlow™. Simply use the toggle switch to change the stream to a higher flow to fill up pasta pots quickly.

SEE A *video*

Snap this code with your phone to see more from Mike in the Studio Kitchen.

Download the free app at GetScanLife.com



Sometimes your hands
could use a hand.



TOUCH₂O® TECHNOLOGY. NOW IN THE BATHROOM.

Touch anywhere on the spout or handle with your wrist or forearm to start and stop the flow of water. Another way Delta® is more than just a faucet.

For a demo, visit deltafaucet.com/touch



Peg Up Your Pans!

Clear out the cupboard! This modern update of Julia Child's old-school pegboard will inspire you to take your pots and pans vertical. BY GRACE BONNEY

3 More Designs That Pop

* REVERSE PAINTED

After painting your board, outline your pots and pans in pencil, then in painter's tape. Brush the inside shapes with contrasting paint colors.

* SPONGE PAINTED

Dip a dry kitchen sponge into an ink pad or colored paint and blot onto pan outlines.

* RIBBONED

Trace a shape, then thread brightly colored ribbon through the holes at the edges, starting at the tip of the pan handle. Work your way around, then tie a bow at the top.



Our muse:

Julia Child's famous Cambridge, MA, kitchen. Her husband Paul traced each outline himself—what a guy!

Grace Bonney is the founder of designsponge.com and author of *Design Sponge at Home* (\$35, amazon.com).

How to Make a:

MOD PODGE PEGBOARD

1 Lay the pegboard on a drop cloth and apply a coat of colorful paint. (If the board is pretreated, apply a primer first.) Use a cotton swab to absorb any liquid in the holes. Let dry. Mount onto the wall.

2 Hang your pots and pans facing the board in the pattern you want. With a pencil, closely trace their shapes. Repeat this step on wrapping or craft paper, then cut out the proper outlines.

3 Paint the back of each paper silhouette with craft store Mod Podge (it will act like glue). Press the cutouts onto their coordinating shapes on the board, then smooth them with your hand to remove air bubbles.

4 Once the bottom is dry, brush a coat of Mod Podge over the tops of the paper to protect them. The liquid will dry clear, so don't worry if it initially looks white or messy.

New!

Good **nutrition** meets **great taste**.


"No high fructose corn syrup.
With 8 essential nutrients, it's
a wholesome everyday treat!"


"Nope, I've got nothing bad
to say about this milk!"



Fresh from **your trusted dairy** and **our farmers**,
who pledge not to use artificial growth hormones.*
TruMoo. A Truly Good Thing.

 find us on Facebook

*Our farmers pledge not to use artificial growth hormones. No significant difference has been shown in milk from cows treated with the artificial growth hormone rbST and non rbST treated cows.



**NO HIGH FRUCTOSE
CORN SYRUP**

DOUBLE
Fun!

EDIBLES FOR EVERY BUDGET

COLORFUL CANDIES

Save (1a): Pop Star candy has tart shells and sugary centers.

\$13, drogaconfections.com

Splurge (1b): Monogram fruity Papa Bubble bites.

\$15 and up, papabubbly.com

ICED-COFFEE BREWS

Save (2a): Chameleon Cold-Brew has as much caffeine as espresso.

\$5 and up, chameleonscoldbrew.com

Splurge (2b): New Orleans-style coffee concentrate is steeped with chicory.

\$30 for 2, gradyscoldbrew.com

CHEESECAKE ON A STICK

Save (3a): Eli's slices, dipped in dark chocolate and frozen.

\$26 for 6, elicheesecake.com

Splurge (3b): One-bite pops come in three flavors.

\$71 for 50, forthegourmet.com

PAPPARDELLE PASTA

Save (4a): Bundled long egg noodles stand up to hearty sauces.

\$4, guilianos.com

Splurge (4b): Handmade semolina noodles enriched with veggies

like sweet potato.

\$8, pappardellespasta.com

FRENCH SALAMI

Save (5a): Olympic Provisions saucisson sec salami with black pepper and garlic.

\$10, olympicprovisions.com

Splurge (5b): Fabrique Délices peppery salami comes in an all-natural beef casing and

is cured for 30 days.

\$24, murrayscheese.com

MAPLE SYRUP

Save (6a): Medium-amber syrup tapped from New Hampshire sugar maples.

\$13, parkersmaplebarn.com

Splurge (6b): Dark-amber syrup aged in Kentucky bourbon barrels for charred

oak and vanilla flavors.

\$19, blisgourmet.com

PARTY PEANUTS

Save (7a): Sandbagger Virginia peanuts (40 oz.) with sea salt and cracked pepper.

\$18, bluecrabbay.com

Splurge (7b): Artisan-blistered Virginia peanuts

(36 oz.), in a secret

peppercorn blend, come in a wood lacquered box.

\$40, squirrelbrand.com

EVERY
DAY

fun

FAVES

EATS



PHOTOGRAPHY BY CHARLES MASTERS

HOME



SAVE ON THIS, SPLURGE ON THAT!

ARTSY MUGS

Save (1a): Owl and dog flare mugs with pedestal base.

\$8, urbanoutfitters.com

Splurge (1b): Kate Spade porcelain mugs with artists' watercolors.

\$20, katespade.com

CUTTING BOARDS

Save (2a): Hardwood boards in cute pig, cow and rooster silhouettes.

\$32, williams-sonoma.com

Splurge (2b): Hand-carved state bamboo chopping blocks by AHeirloom.

\$46, amazon.com

CURVY CANDLESTICKS

Save (3a): Hand-blown glass "Herräng" candleholders.

\$15, ikea.com for stores

Splurge (3b): "Distortion" candlesticks keep lit tapers straight.

\$24, areaware.com

DINNER GOBLETs

Save (4a): Durable acrylic goblets stack for storage.

\$3 each, crateandbarrel.com

Splurge (4b): Ribbed-texture goblets hand-blown from melted glass.

\$95 for 6, momastore.org

MANLY BOOKENDS

Save (5a): This iron man keeps the heaviest reads in place.

\$28, animicausa.com

Splurge (5b): Chrome workmen balance books between their hands.

\$45 for 2, bn.com

COFFEE MAKERS

Save (6a): Stovetop espresso in a European nine-cup pot.

\$20, at HomeGoods stores

Splurge (6b): Eight-cup Bean French Press keeps coffee hot.

\$30, bodum.com

CITY-SCENE PILLOWS

Save (7a): Screen-printed cotton pillows with images of Brooklyn, NY.

\$36 and up, uncommongoods.com

Splurge (7b): Feather down pillows form a hand-drawn London skyline.

\$65, blisslivinghome.com

SHIFT the way you move



INNOVATION UPSIZED

The All-New Nissan **VERSA® SEDAN**

The most leg room, headroom, trunk room and technology¹ per dollar of any car in America. From \$10,990² Up to 38 hwy mpg³. Comfortably fits 5 passengers. The All-New Nissan **VERSA® SEDAN**. Innovation for all.

NissanUSA.com



¹Space claims based on 1.6 S MT. Tech claim for touch-screen nav, hands-free phone connectivity, satellite radio w/ traffic info, & USB audio input based on 1.6 SL w/ Tech Pkg. Room per dollar calculated based on applicable attributes divided by starting MSRP. Source: JATO Dynamics. ²Lim. avail. for 1.6 S MT starting MSRP \$10,990 for Versa 1.6 MT. As shown, \$16,260 MSRP for 1.6 SL with Tech Pkg. excl. tax, title, lic & dest. Dealer sets actual price. ³2012 EPA fuel economy est. 30 city/38 hwy for Versa SL. Actual mileage may vary with driving conditions – use for comparison only. Always wear your seat belt, and please don't drink and drive. ©2011 Nissan North America, Inc.



Go from
Aisle → *to Isle!*



**WIN A 5-NIGHT TRIP TO THE
FOUR SEASONS RESORT MAUI AT WAILEA**



1. Grab any
of these in
the grocery
AISLE...



2. Enter the UPC codes at
promo.rachaelraymag.com/maui
for a chance to win an exclusive
ISLE getaway for two!

trip provided by
bloomspot
www.bloomspot.com

STYLE

IT'S A
SUPER-
DAZZLING
DEAL!

SPARKLE
THAT'S WORTH
THE SPLURGE!

SOUPED-UP STYLES & STEALS

DATE-NIGHT DRESS

Save (1a): K-Dash black sequined three-quarter-sleeve dress. \$156, qvc.com

Splurge (1b): Alice + Olivia by Stacey Bendet "Vista" cobalt blue sequined tunic dress. \$495, alicelandolivia.com

CHUNKY BANGLE

Save (2a): BCBG gold-toned cuff with glass stones. \$68, bcbg.com

Splurge (2b): Kenneth Jay Lane gold, silver and black metallic geometric cuff (1½"). \$490, at Saks Fifth Avenue stores

ON-THE-GO CLUTCH

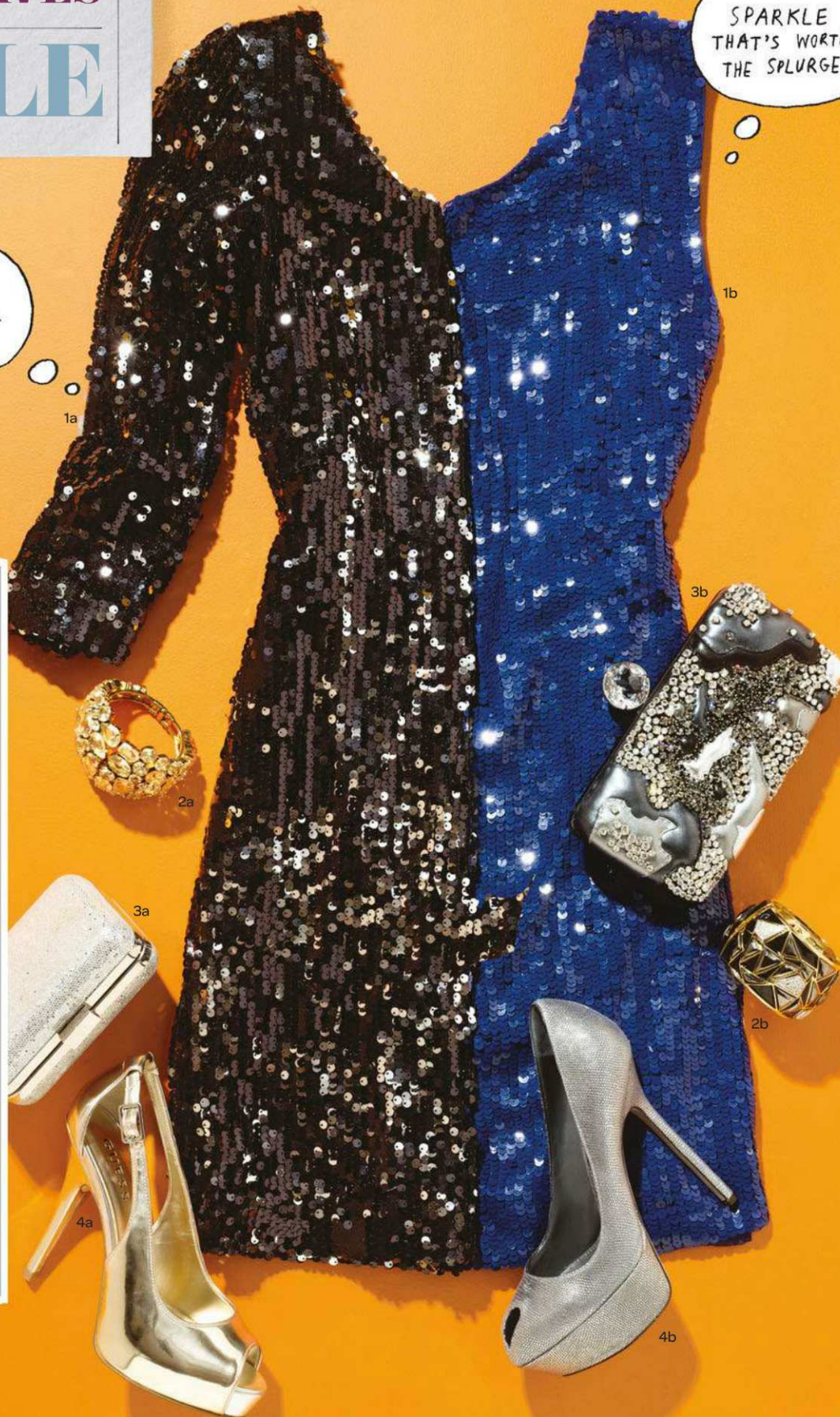
Save (3a): Truvow "Kiss Me" clutch in silver glitter. \$48, truvow.com

Splurge (3b): Custom calfskin silver patchwork bag with Swarovski crystals. \$340 and up for similar styles, swarovski.com

PEEP-TOE PUMPS

Save (4a): Polished patent platform "Hondola" sandals in gold. \$99, guess.com

Splurge (4b): Sergio Rossi embossed leather stilettos in silver. \$715, couture.zappos.com





Shown:
Mum's the Word, Crossword and
Company Cotton® bedding.
Classic Cotton Blanket. Mirage Rug.

The Company Store 
We're all about comfort thecompanystore.com

15% off
your order

For offer details and to place your order,
visit thecompanystore.com/EDRD12
or call 1-800-799-1399. Use offer code EDRD12.
Expires 3/1/12.



YOGA

*A morning
in paradise:
sun, sand and
stretches!*

Sun or Snow Getaways



STRETCH IN THE SUN in Kehena Beach, Hawaii

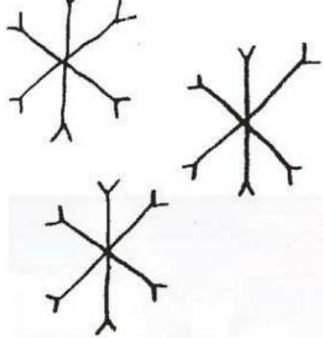
Picture this: You're in downward dog, getting your zen on while listening to waves crash on a sandy shore. But the nature sounds aren't coming from your yoga teacher's iPod—they're the real thing. At **Kalani Oceanside Retreat**, several yoga classes are held outside throughout the day (\$15, kalani.com). Choose from 12 types—including gentle yin and flow-centric vinyasa—or just drag your mat to the beach for some solo sun salutations overlooking the Pacific Ocean. *Om...*

Round out the trip: Work on your warrior pose—or your tan—at the nearby black sand **Kehena Beach**, where you can watch Hawaiian spinner dolphins play along the shore. A word to the wary:

The beach and Kalani's pool are clothing-optional. Don't say we didn't warn you!

Eat: How does a breakfast of fresh pineapple and papaya sound? What about a balsamic-marinated ahi tuna dinner, with mango-and-macadamia-nut crisp for dessert? Kalani's chefs whip up local ingredients into delicious meals (*lunch \$15, dinner \$24*). For a retreat from the retreat, make the 20-minute drive into downtown Pahoehoe for made-that-morning tofu and pumpkin curry at **Ning's Thai Cuisine** (*entrées from \$10, 808-965-7611*).

 Book a room at Kalani and you'll be treating others as well as you're treating yourself: Profits go toward education and cultural preservation in the local Puna district. Twenty minutes from the nearest town, Kalani embraces its getaway mission: There are no phones or TVs. (*doubles from \$90 before reader deal, mention code KRR11 for 10 percent off room rates; kalani.com*)



Some like it hot, some like it not! From sandy beaches to snowcapped cliffs, we found ideal winter getaways for both sides of the thermometer. Snowga, anyone? BY RACHEL BERTSCHE

* * SALUTE THE SUN IN THE SNOW * * in Cornwall, Connecticut

Ski instructor and yoga teacher Anne Anderson developed “snowga” as a response to skiers’ fear on the slopes. “Students came with tragic stories of how their friends took them to the top of a black diamond and said, ‘Follow me!’” Anderson recalls. “I integrated yoga breathing techniques into the lessons, and it worked like magic.” The 90-minute classes at **Mohawk Mountain** (snowga.net) start with 15 minutes of warm-up in ski boots. You’ll focus on breathing and meditation before heading to the slopes, where you’ll attempt poses like eagle wings—knees bent and arms out to your sides—as you glide down the mountain.

Round out the trip: When the weather outside is frightful... go shopping! Give your sore muscles a break and defrost in one

of nearly 100 antique shops in Litchfield County. We like **Jeffrey Tillou Antiques** (tillouantiques.com) for its collection of century-old weathervanes. Litchfield is less crowded in the winter, and that translates to better deals.

Eat: Look out at West Cornwall’s charming covered bridge from your table at **The Wandering Moose Café & Catering Company** (*entrées from \$10, wanderingmoosecafe.com*). You’ll need energy for a day on the slopes, so dig into a breakfast of eggs benedict, corned beef hash and a slice of carrot cake for the table. (Calories don’t count when you’re about to burn them off!)

Just off the Appalachian Trail, the charming Cornwall Inn is ideally located—and you can bring your pet. Plus, rooms come with discount mountain lift vouchers. (doubles from \$159 before reader deal, mention Every Day with Rachael Ray and get a third night free Sunday through Thursday; cornwallinn.com)



FLOAT ALONG THE RIVER

in Quintana Roo, Mexico

At **Xel-Há**—a natural water park full of inlets, lagoons and caves—start the day swimming with dolphins or jumping off the Stone of Courage, and end by drifting down the lazy river (all-inclusive tickets \$79, xelha.com).

Round out the trip: **Tulum**, one of the best-preserved Mayan sites, is 8 miles from the park. Visit the ruins, perched on a cliff overlooking the Caribbean, or drive 45 minutes to the ruined city of **Coba** and climb the Great Pyramid, the tallest in the area.

Eat: It's easy to miss **El Tábaro** (entrées from about \$5, 984-134-8725), which is hidden on the jungle side of the road. Don't skip their authentic *albondigas*—Mexican meatballs.

The owners run **Zamas** in Tulum with eco-sensibilities: Outlets are scarce and electricity is solar-powered—but each room has a hammock! (doubles from \$135 before reader deal, mention Every Day with Rachael Ray and receive 20 percent off rooms; zamas.com)



Float



FLY DOWN THE HILL

in Huntsville, Ontario



Fly

At **Rock Ridge Recreation Park** (\$24, rockridgetubing.com), tubers take center stage—there's a lift and six separate runs. Sail down the hill after dark for an extra dose of adrenaline, or tie your tires together—you can link as many as 10—for a group run.

Round out the trip: The world tour of the **Banff Mountain Film Festival**, which screens movies about mountain sports and culture, stops in Huntsville on January 24 and 25 (\$16 for a pass, banffcentre.ca).

Eat: Feast on fresh whitefish caught in Lake Huron and curried lamb cutlet with smashed red-skinned potatoes at **3 Guys and a Stove** (entrées from \$15, 3guysandastove.com).

The **Deerhurst Resort**, which sits along Peninsula Lake, has a sports complex with squash courts and an indoor pool. (doubles from \$139 before reader discount, call 800-461-4393 and mention Every Day with Rachael Ray to receive 15 percent off; deerhurstresort.com)



HIKE THE SEASHORE

in Point Reyes Station, California

The hardest part of the hike will be deciding which **Point Reyes National Seashore** trail to conquer first (nps.gov/pore). On the **Tomaes Point Trail**, catch a glimpse of wildlife (pelicans, elk, coyotes), plus a jaw-dropping view of the Pacific. The coastal **Laguna Loop** will take you straight to the beach. Hit **Chimney Rock Trail** and you may spot a gray whale on its migration to Mexico.

Round out the trip: Just 40 miles north of San Francisco, **Point Reyes Station** is a tiny town that rivals the big city in "supercool things to do." Ever been to a farmers' market/yoga studio/art gallery/literary salon/community garden? Then stop at **Toby's Feed Barn** (tobysfeedbarn.com) to pick up gourmet chocolate cake mix.

Eat: Drive 15 minutes north to **The Marshall Store**, an oyster bar and deli on Tomales Bay (entrées from \$11, themarshallstore.com). The oysters are fresh and local—the owners' farm is just up the bay.

The proprietor of the **Point Reyes Schoolhouse Compound** is also a landscape architect, and it shows: Lush gardens surround the restored buildings, which include an original schoolhouse and an old barn. (doubles from \$185 before reader deal, mention Every Day with Rachael Ray and take 10 percent off rooms; pointreyesschoolhouse.com)



Hike



STOMP IN THE SNOW

in Stowe, Vermont



Stomp

When you're wearing snowshoes, no terrain is off-limits. You'll notice an almost audible silence as you trek through the Vermont woods, crossing paths with deer or standing atop **Mount Mansfield**, the state's highest peak. Sign up with a **Stowe Mountain Resort** guide (\$69 with equipment rental, stowe.com) and choose from 8 miles of designated snowshoe trails and another 10 miles of snowshoe-friendly ski trails.

Round out the trip: The **Stowe Winter Carnival** runs January 16 to 29 (stowewintercarnival.com). Revel in the fluffy white stuff while you play

snow golf or snow volleyball, and let little ones enter the snowshoe race.

Eat: Sip a bowl of curried maple butternut squash soup or indulge in chocolate fondue at the **Cliff House** (entrées from \$17, 800-253-4754), the timber-lodge restaurant that sits on the shoulder of Mt. Mansfield.

The **Green Mountain Inn** was built in 1833 and exudes a historic New England vibe (cozy gas fireplaces alongside Vermont-crafted furnishings and quilts), but the heated outdoor pool reminds you that it's no longer the 19th century. (doubles from \$169 before reader deal, mention Every Day with Rachael Ray and receive 10 percent off; greenmountaininn.com)



EVEN A DAY HERE
can hold more than you thought possible.

White sand. Turquoise water. And a strand of 15 singular Florida beach neighborhoods.

VISITSOUTHWALTON.COM 800-822-6877

VISIT *South Walton*
FIND YOUR PERFECT BEACH.



MIRAMAR BEACH • SEASCAPE • SANDESTIN • DUNE ALLEN • SANTA ROSA BEACH • BLUE MOUNTAIN • GRAYTON BEACH
WATERCOLOR • SEASIDE • SEAGROVE • WATERSOUND • SEACREST • ALYS BEACH • ROSEMARY BEACH • INLET BEACH

facebook.com/visitsouthwalton twitter.com/southwalton



50 GAME-DAY DIPS WITH ZIP!

Invite your guests to show off their skills in a bring-your-own dip throwdown. Start with our four classic styles—bean, guacamole, cheese and onion—then follow our tips to take them over the top! BY STACY ADIMANDO

1 Bacony Black Bean Dip

SERVES 6 PREP 15 MIN COOK 20 MIN

- 3 slices bacon, chopped
- 2 tbsp. EVOO
- 1 carrot, finely chopped
- 3 scallions, green and white parts chopped
- 1 clove garlic, smashed and peeled
- 1 can (15.5 oz.) black beans, rinsed
- ¾ cup plain whole milk yogurt
- Salt and pepper

1. In a medium saucepan, cook the bacon over medium heat until crisp. Using a slotted spoon, transfer to a bowl; discard the fat. Add the EVOO to the pan, then add the carrot, scallions and garlic and cook over medium heat, stirring, until tender, 6 to 8 minutes. Add the beans, cover, lower the heat and simmer for 5 minutes. Let cool.

2. Using a blender, puree the bean mixture with the yogurt, salt and pepper to taste, and 2 to 3 tbsp. water until nearly smooth. Add the bacon; pulse to mix.

SERVE YOUR TEAM COLORS

Create a platter that shows off your team spirit. For instance, if you're a Jets fan like Rach, lay out a spread of green veggies and fruits with a creamy or cheesy white dip.

FLAG YOUR ENTRY

Leave out folded index cards and colored pens for guests to label their entries. Encourage them to decorate with team colors, funny mascots or playbook doodles.

MORE BEAN DIPS

- 2 **Italian Hero:** Skip pureeing the bean dip; add chopped bell peppers in three colors, plus chopped Italian sausage. (Shown at left.)
- 3 **Mediterranean:** Stir in chopped flat-leaf parsley and crumbled feta; replace the scallions with fresh oregano leaves.
- 4 **Beet:** Mix in grated raw or chopped cooked beets.
- 5 **Margarita:** Add a splash of tequila and squeeze of lime; stir to combine.
- 6 **Hummus & Pita:** Fold in store-bought hummus and crushed-up pita chips.
- 7 **Firecracker:** Toss in chopped red onion and a few dashes of chili sauce.
- 8 **Taco:** Sprinkle in taco seasoning mix; fold in drained canned corn and chopped avocado.
- 9 **Seven-Layer:** Top with guacamole, sour cream, shredded lettuce, diced tomato, chopped bell pepper and shredded cheddar.
- 10 **Three-Bean:** Replace two-thirds of the black beans with equal parts black-eyed peas and pinto beans.
- 11 **Potato-Cheddar:** Toss in diced boiled potatoes and shredded cheddar.
- 12 **Porky:** Stir in pulled pork and garnish with crumbled pork rinds.



MORE GUACS

14 Wasabi Shrimp: Stir in prepared wasabi to taste, then mix in chopped cooked shrimp. (Shown at left.)

15 Tropical: Add chopped sweet mango and habanero chile.

16 Cobb Salad: Mix in chopped grilled chicken breasts, crumbled crispy bacon and diced tomatoes.

17 Cocoamole: Stir in unsweetened cocoa powder to taste. Thin with a drizzle of EVOO if needed.

18 Tomatillo: Using a food processor, finely chop some roasted tomatillos. Let cool, then fold in.

19 Tricolore: Add blanched asparagus tips and halved cherry tomatoes and top with shaved parmesan.

20 Oh-So-Orange: Thin guac slightly with a splash of orange juice, then add bite-size orange pieces.

21 Crunchy Corn: Throw in a handful of chopped cucumber, canned corn kernels and cotija cheese.

22 Berry-Basil Blast: Fold in chopped strawberries, torn fresh basil and cracked black or pink pepper.

23 Deviled Egg: Gently stir in a chopped hard-boiled egg, a small spoonful of mayo and a dash of ground cayenne pepper.

13 Rock-amole

SERVES 6 PREP 10 MIN (PLUS SITTING)

- 4 hass avocados, peeled and pitted
- 1 small clove garlic, finely grated
- 2 tbsp. finely chopped white onion
- 2 tbsp. chopped cilantro, plus more for garnishing
- 3 tsp. fresh lime juice
- Salt

1. In a medium bowl, mash the avocados with a fork until nearly smooth. Stir in the garlic, onion,

2 tbsp. cilantro, the lime juice and $\frac{1}{2}$ tsp. salt. Cover with plastic wrap touching the surface and let sit for about 2 hours to allow the flavors to develop.

2. Discard the plastic wrap and season the guacamole to taste with salt. (Remember: The tortilla chips are salty.) Transfer the mixture to a serving bowl, garnish with cilantro and serve.

SCOOP UP MORE FLAVOR

A fun way to change up the dippers: Match them to the theme of your dip. We paired two kinds of crunchy rice crackers with our Wasabi Shrimp Guacamole.

nina's
wasabi
guac



PUT SNACKS ON STICKS

Spear bite-size foods like cooked tortellini with toothpicks or bamboo skewers and place them in a short vase. It'll elevate your presentation and help keep hands mess-free.

24 Nothin'-Better-Than-Cheddar Dip

SERVES 6 COOK 5 MIN

- 1/4 cup white wine
- 6 oz. sharp cheddar, shredded
- 1 tbsp. flour
- 1 tsp. dijon mustard

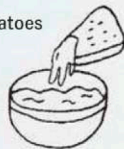
In a medium saucepan, heat the wine over medium heat. Add the cheddar, flour and mustard and cook, stirring frequently, until hot and smooth, about 5 minutes.



MEET THE NEW DUNKERS

Think outside the chip bag or cracker box and reach for fun finger foods—like these!—instead.

- * boiled baby potatoes
- * sliced egg rolls
- * falafel balls
- * hush puppies
- * steamed artichoke leaves
- * canned baby corn
- * pickled veggies
- * salami rollups
- * pigs-in-blankets
- * focaccia wedges
- * asparagus spears
- * sliced sausage
- * cooked tortellini
- * mini waffles
- * bacon strips



MORE CHEESE DIPS

25 Jalapeño Popper:

Stir in some cream cheese and add jalapeño slices. (Shown at left.)

26 **Beer Lover's:** Use a lager beer in place of the wine.

27 Cheeseburger:

Add cooked ground beef, chopped tomato and chopped sliced pickles.

28 **Sausage Sub:** Sprinkle in cooked ground italian sausage, peppers and onions.

29 **Apple Cider:** Replace the white wine with apple cider and stir in a pinch of cinnamon or nutmeg.

30 **Bacon & Blue:** Add crumbled crispy bacon and blue cheese crumbles.

31 Philly Cheesesteak:

Stir in shredded bite-size roast beef pieces and chopped cooked onions.

32 **Broccoli:** Toss in chopped blanched broccoli florets.

33 Quadruple Queso:

Replace part of the cheddar with monterey jack, parmesan and gruyère.

34 **Gone Greek:** Garnish with crumbled feta and pitted chopped black olives.

35 Buffalo Hot Wing:

Stir in some of your favorite hot sauce and shredded rotisserie chicken.

36 Pepperoni Pizza:

Omit the dijon and replace one-third of the cheddar with mozzarella, then stir in tomato sauce and diced pepperoni.

37 Maple-Bourbon:

Replace the dijon with maple syrup, and the wine with bourbon. Garnish with chopped toasted pecans.



38 Amazing Onion Dip

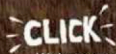
SERVES 8 PREP 10 MIN COOK 5 MIN

- 1 large onion
- 1 tbsp. EVOO
- 1 container (16 oz.) sour cream
- 1 lemon, juiced
- 1 tsp. hot smoked paprika
- Salt

1. Using a food processor, finely chop the onion.

2. In a medium skillet, heat the EVOO over medium-high heat. Transfer the onion to the pan (do not wash the food processor). Cook until softened, about 5 minutes.

Transfer back to the food processor and pulse with the sour cream, lemon juice and paprika; season to taste with salt. Cover and refrigerate until ready to serve.



We're crazy for dips! Whip up Rachael's world-famous Spinach-Artichoke Dip or choose from 35 more easy recipes at rachaelraymag.com/january.

BAG THE BASICS

To upgrade packaged snacks, serve potato chips, pretzels and bagel chips in simple brown and white paper bags. Roll down the edges for easy grabbing.

MORE ONION DIPS

39 Everything

Bagel: Top with poppy seeds, sesame seeds and dehydrated onions. (Shown at left.)

40 Caramelized Onion

& Garlic: Sauté the onions until caramelized and add roasted garlic cloves before pureeing.

41 Kickin' Horseradish:

Stir in chopped prepared horseradish to taste.

42 Olive Branch: Fold in chopped pitted kalamata and green olives and tarragon.

43 Chipotle: Spoon in some canned chipotles in adobo sauce and mix well.

44 Gratin Fake-Out:

Top with crispy toasted breadcrumbs and grated pecorino-romano.

45 Fennel-y: Add $\frac{1}{2}$ bulb finely chopped or shaved fennel and $\frac{1}{4}$ tsp. fennel seed to the onion in the skillet.

46 Dude Ranch: Shake in some packaged ranch seasoning.

47 Crabby: Stir in chilled lump crabmeat and finely chopped celery; sprinkle with Old Bay Seasoning.

48 Thousand Island:

At the end, stir in a glug of ketchup and a dollop of sweet pickle relish.

49 Spinach-Artichoke:

Defrost frozen chopped spinach and squeeze out excess moisture; add to the dip with chopped canned artichoke hearts.

50 Lots of Lox: Omit the paprika; stir in smoked salmon, dill and capers.

HOW TO GET THE TASTE MOST PEOPLE PREFER ON THEIR CEREAL.



(CONNECT
THE DOTS)



IT'S **the LEAST CHALLENGING CHALLENGE** {IN THE WORLD}™

Eating healthy for the New Year doesn't have to be hard. Try Silk on your cereal. Fact is, most people prefer the taste of Silk Pure Almond® Vanilla to dairy milk on their cereal.* Plus, Silk has 50% more calcium.**

Go ahead, try it! Then, un-challenge yourself at facebook.com/SilkUS 

Silk

SOYMILK • ALMONDMILK • COCONUTMILK

* National Taste Test, January 2011 (products included in test were Silk Vanilla Soymilk, Silk Light Vanilla Soymilk and Silk Pure Almond Almondmilk). **Silk refrigerated beverages, excluding organic soymilk, soymilk with DHA and aseptic soymilk, have 45% DV of calcium; typical dairy milk has 30% DV. Dairy data from USDA National Nutrient Database for Standard Reference, Release 23 (2010).

EVERY
DAY

food

SHOP

COOK

EAT

SEASONAL SUPERFOOD

LEMONS & LIMES

When Jack Frost puts the deep freeze on other fresh fruit, winter's citrus is your saving grace. Their cheery colors and bright acidity accent warm, rich dishes—plus they help keep your skin and metabolism vibrant and healthy.

- ★ **GLOW-GETTER:** The vitamin C in lemons helps maintain collagen, repair tissue damage and prevent dryness, for supple skin with fewer wrinkles.
- ★ **CALORIE ROASTER:** The citric acid in low-cal lemons and limes supplies the body with plenty of citrate, an essential compound for a healthy metabolism.
- ★ **CANCER FIGHTERS THAT STAY PUT:** DNA-preserving antioxidants found in citrus (called limonoids) continue working in the body up to 24 hours after consumption. That's way longer than the phenols in green tea and chocolate, which only have a four- to six-hour lifespan.

peak season:
winter through spring

Lemon's clean, bright flavor makes it the perfect all-purpose acid.

Lime's mellow, floral acidity adds tropical tang to global cuisine.

turn the page for more
LEMONS + LIMES

TEXT AND RECIPES BY KATIE BARREIRA
PHOTOGRAPHY BY LISA HUBBARD

JANUARY/FEBRUARY 2012
RACHAELRAYMAG.COM

page
53



ZEST IS ONLY SKIN-DEEP

Citrus peel has two layers: the brightly colored skin, called zest (packed with essential oils that add awesome aroma and flavor to your cooking), and the spongy white pith (quite bitter). When grating zest, stop as soon as you see white, then move on to a fresh spot.

get
cookin'

Itty-Bitty Lemon or Lime Pies

MAKES 30 PREP 15 MIN COOK 10 MIN

- | | | | |
|---|---|----------------|---|
| 2 | cups sugar | $1\frac{1}{2}$ | sticks (6 oz.) unsalted butter, cut into pieces |
| 1 | cup fresh lemon or lime juice | 1 | box (1.9 oz) mini phyllo shells, such as Athens |
| 4 | eggs plus 4 egg yolks, beaten | | Whipped cream, for serving |
| 3 | tbsp. finely grated lemon or lime zest (from about 3 lemons or limes) | | |

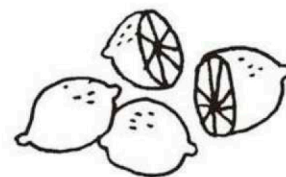
1. Set a fine-mesh strainer over a heatproof, medium bowl. In a heavy, medium saucepan, whisk together the sugar, citrus juice, eggs, egg yolks and 2 tbsp. citrus zest. Add the butter and cook over medium heat, stirring, until completely melted.
2. Lower the heat to medium-low and cook, stirring constantly, until the mixture thickens, 6 to 8 minutes (do not let it boil). Strain, discarding the solids. Stir in the remaining 1 tbsp. citrus zest. Press a sheet of plastic wrap directly onto the surface. Let cool to room temperature, then refrigerate for at least 4 hours.
3. Bake the phyllo cups according to package directions; let cool. Fill them with the citrus curd and dollop each with whipped cream. Top with more zest if desired.



Put the power of citrus to work! Find our fave recipes, like Almond Lemon Cookies, at rachaelraymag.com/january.

try,em!

It's Always Time for Lemon and Lime!



1 Lemon Wheel & Ricotta Pizza

3 lemons, seeded and sliced crosswise $\frac{1}{8}$ inch thick • $\frac{3}{4}$ cup sour cream • $\frac{1}{2}$ cup heavy cream • salt & pepper • 1 lb. pizza dough • $1\frac{1}{2}$ cups fresh ricotta • 1 tbsp. thyme leaves ➔ In pot of boiling, salted water; cook lemon slices, 30 seconds; drain; pat dry. Mix sour cream, heavy cream, 1 tsp. salt and $\frac{1}{2}$ tsp. pepper. Stretch dough to fit oiled baking sheet. Spread with cream mixture; dot with ricotta. Top with lemon slices and thyme. Bake at 450° until crust is golden, 15 minutes. Broil until lemons are brown in spots; season. Serves 6.

**FIND
OUT
MORE!**
SEE TIP
ON P. 115



2 Lime-in-the-Coconut Drumsticks

3 cloves garlic, crushed • 3 tbsp. chopped ginger • 1 cup chopped scallions, white and green parts • 1 cup cilantro • $\frac{1}{4}$ tsp. cayenne • $\frac{1}{2}$ cup honey • 1 cup coconut milk • $\frac{1}{2}$ cup lime juice, plus 1 tsp. grated zest • 10 skin-on chicken drumsticks ➔ In blender, combine all ingredients except chicken; puree. Cut 2 deep slits in each drumstick; marinate in coconut mixture, at least 1 hour. Transfer chicken to rack placed on foil-lined baking sheet; season. Bake at 450° for 20 minutes; flip and bake until cooked through, 10 minutes. Serves 6.



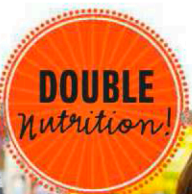
3 Tangy Lime Shrimp

1 lb. medium shrimp, patted dry • 4 tbsp. butter • $\frac{1}{4}$ cup chopped shallots • $\frac{1}{2}$ cup lime juice, plus 1 tsp. grated zest • $\frac{1}{4}$ tsp. crushed red pepper • $\frac{1}{2}$ cup chopped cilantro ➔ Season shrimp. Heat large skillet over medium-high; add $\frac{1}{2}$ tbsp. butter and shrimp. Cook shrimp through, 1 to 2 minutes; transfer to plate. Over medium-low heat, melt 1 tbsp. butter; add shallots, lime juice and crushed pepper; cook 2 minutes. Add remaining butter, zest, shrimp and cilantro; toss. Serves 4.



4 Warm Sweet & Sour Gingered Lemonade

1 cup sugar, divided • $1\frac{1}{2}$ oz. fresh ginger, peeled and sliced ($\frac{1}{2}$ cup) • 1 cup lemon juice, plus 13 strips lemon zest ➔ In medium saucepan, bring 4 cups water, $\frac{3}{4}$ cup sugar, ginger and 5 strips lemon zest to boil. Lower heat and simmer, 10 minutes; discard lemon zest and ginger. Stir in lemon juice and 1 cup water; heat through and stir in remaining sugar to taste. Ladle into mugs and garnish with remaining lemon zest strips. Makes 6 cups.



Grocery Cart Ambush

Jackie

Put My Cart on a Diet!

We caught up with stay-at-home mom Jackie Earley while she was shopping in Richmond, Virginia. Her goal: lose some baby weight while keeping her meat-and-potato-loving hubby and kids happy. With the advice of a nutritionist, we showed her how to fill up her cart with healthier, family-friendly choices. BY NICOLE CHERIE JONES

1 PUMP UP THE PROTEIN

Pork tenderloin is cheap, low in fat, and roasts up juicy and tender. (It's easy! Just season with salt, pepper and EVOO.) On hot dog night, these new **smoked bison sausages from High Plains** are a healthier swap—70 percent more protein and fewer calories per ounce!

2 POTATO CHANGE-UP

Consider **sweet potatoes**: They have fewer calories and more nutrients—like beta-carotene—than the white kind. Cut and bake into french fries or grab **Dr. Praeger's Veggie Littles**: tater tots in cute shapes (they also come in broccoli and spinach flavors).

3 SUPER-GRAIN PANTRY STAPLE

To add whole grains and protein in one hit, try these **sprouted lentils from TruRoots**. They're partially germinated, which unlocks more nutrients and lets them cook in 5 minutes! Use as a taco filling with avocado and lettuce, or as a macaroni sub in soups or pasta salads.

4 BEAT H₂O BOREDOM

Stay hydrated so you won't mistake thirst for hunger! (This also keeps your metabolism revved.) These new, sweetener-free **fizzy waters from Hint** have a refreshing, all-natural, fruity flavor that makes hitting your H₂O quota more fun.



5 A LIGHTER (AND BRIGHTER) WAY TO FLAVOR UP

Salsa is a secret weapon for adding instant zest without a ton of fat and calories. We love this new **Caribbean version from Target**—a bright combo of pineapple, passion fruit and mango that pairs well with fish, chicken or even ham sammies.

6 SWEET! A BETTER BREAKFAST (OR DESSERT)

It's okay to fall back on packaged foods sometimes. Take advantage at breakfast, when the time crunch can sabotage smart food choices. We love new **Kind Healthy Grains clusters**, which look and taste like granola, are made with antioxidant-rich grains like quinoa, and have minimal sugar and fat. Psst: The **dark chocolate-cranberry or PB flavor** makes a great guilt-free dessert, too!

7 HEALTHIER "CHIPS" & DIP

Endive leaves have a chiplike crunch and are perfect for scooping up dips. Choose dunk options with health bonuses: **Guac** is loaded with heart-healthy (and filling) fats, and **Bolthouse Farms' new blue cheese dressing** has a yogurt (not mayo) base, reducing it to 35 calories and 2.5 grams of fat per serving.

Thanks to registered dietitian Keri Glassman for being our nutrition expert this month! Check out her website, nutritiouslife.com, for more healthy tips.

New USDA Study Shows: Eggs Have Less Cholesterol, More Vitamin D

The United States Department of Agriculture (USDA) recently announced that cholesterol levels in eggs are lower than previously thought. After reviewing the nutrient composition of standard large eggs, the USDA results show the average amount of cholesterol in one large egg is 185 mg, 14% lower than previously recorded. Consuming an egg a day fits easily within dietary guidance, which recommends limiting cholesterol consumption to 300 mg per day.

The USDA analysis also revealed that a single

large egg now contains 64% more Vitamin D than last reported in 2002. Eggs are one of the few foods that are a naturally good source of Vitamin D, which plays an important role in calcium absorption, helping to form and maintain strong bones.

The amount of protein in one large egg remains the same – 6 grams of protein or 13% of the recommended daily value. And at 70 calories per egg and just 15 cents a serving, eggs are nutrient-dense, affordable and the perfect choice for breakfast.

For more information on the nutritional benefits of eggs, or to pick up new and exciting recipes, check out www.facebook.com/IncredibleEdibleEgg

MICROWAVE COFFEE CUP SCRAMBLE



Prep Time: 1 minute
Cook Time: 45 to 60 seconds
Makes: 1 serving

WHAT YOU NEED

- 2 EGGS
- 2 Tbsp. milk
- 2 Tbsp. shredded Cheddar Cheese
- Salt and pepper

HERE'S HOW

1. COAT 12-oz. microwave-safe coffee mug with cooking spray. ADD eggs and milk; beat until blended.
2. MICROWAVE on HIGH 45 seconds; stir. MICROWAVE until eggs are almost set, 30 to 45 seconds longer.
3. TOP with cheese; season with salt and pepper

Microwave ovens vary. Cooking times may need to be adjusted.

LOOK FOR THE
NEW NUTRITION FACTS
PANEL ON EGG CARTONS

Nutrition Facts

Serving Size 1 egg (50g)
Serving per Container 12

Amount Per Serving

Calories 70 Calories from Fat 45

% Daily Value*

Total Fat 5g **8%**

Saturated Fat 1.5g **8%**

Polyunsaturated Fat 1g

Monounsaturated Fat 2g

Trans Fat 0g

Cholesterol 185mg **60%**

Sodium 70mg **3%**

Potassium 70mg **2%**

Total Carbohydrate 0g **0%**

Protein 6g **13%**

Vitamin A 6% • Vitamin C 0%

Vitamin D 10% • Calcium 2%

Iron 4% • Thiamin 0%

Riboflavin 10% • Vitamin B-6 4%

Folate 6% • Vitamin B-12 8%

Phosphorus 10% • Zinc 4%

Not a significant source of Dietary fiber or Sugars
* Percent Daily Values are based on a 2000 Calorie diet. Your daily volumes may be higher or lower depending on your calorie needs.

		2,000	2,500
Total Fat	Less than	65g	80g
Sat fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Potassium		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Protein		50g	65g

Calories per gram
Fat 9 - Carbohydrate 4 - Protein 4



In 2010, a random sample of regular large shell eggs was collected from locations across the country to analyze the nutrient content of eggs. The testing procedure was last completed with eggs in 2002, and while most nutrients remained similar to those values, cholesterol decreased by 14% and vitamin D increased by 64% from 2002 values. Average amount of cholesterol in one egg is 185 mg, down from 215 mg.

Freezer-Aisle Special

MEALS IN A FLASH

Too busy to start supper from scratch? These brand new dinners make a great foundation for sorta-homemade family meals. BY NICOLE CHERIE JONES



1 CRAVING... SPICY DUMPLINGS

Annie Chun's Spicy Vegetable Mini Wontons (\$3.99) have a thin, chewy wrapper on the outside and are stuffed with cabbage, shiitakes, carrots, tummy-filling tofu and brown rice (but no MSG or preservatives!). Our favorite part: the chile-ginger kick.

Stretch It for 4: Pan-fry the dumplings in vegetable oil with 1 bag frozen asparagus tips, 1 bag frozen broccoli florets and 1 bag frozen shelled edamame; season with a splash of soy sauce and top with crushed peanuts. Serve on the side: a bag of thawed frozen pineapple, sprinkled with brown sugar and broiled.



3 CRAVING... HEARTY STEW

Saffron Road Moroccan Lamb Stew (\$5.99) contains tender, slow-cooked cubes of pasture-raised lamb simmered with sweet potatoes, couscous and a touch of cinnamon.

Stretch It for 2: Toss 1 can chickpeas with 1 bag thawed frozen carrots and thinly sliced red onion; season with red wine vinegar, EVOO, salt and pepper. Divide into 2 bowls and top with the stew.



2 CRAVING... THIN-CRUST PIZZA

A.C. LaRocco Ultra Thin Sprouted Grain Garlic Chicken Parmesan Pizza (\$6.99) is topped with a white garlic sauce and just enough mozzarella, parmesan and chicken to bring the protein tally to a rib-sticking 34 grams. The superthin, crisp crust packs a whopping 52 grams of whole grains (4 grams of fiber).

Stretch It for 2: Portion the pie into 2 halves and top with salad greens or herbs. For dessert, microwave a bag of frozen black cherries and top with a dash of cinnamon, a drizzle of honey and some almonds.



4 CRAVING... COMFORTING ITALIAN

Bertolli Premium Meal Soups for Two Tomato Florentine & Tortellini with Chicken (\$7.99) is a rich tomato-basil bisque brimming with cheesy tortellini, chicken and spinach.

Stretch It for 3: Stir in an extra bag of frozen spinach plus 1 can white beans while cooking. Serve with whole grain bread.



Big thanks to contributing editor Phil Lempert, consumer trends correspondent for the *Today* show. For more on the latest grocery store goods, check out his weekly "Hits & Misses" videos at supermarketguru.com.

Double Your Grocery IQ!

Get Supermarket Savvy with
NEW BOOKS

Eat This, Not That! Supermarket Survival Guide by David Zinczenko and Matt Goulding



Best Insider Tip: Pushing a shopping cart could help you make smarter food buys. A recent study found that the strain of carrying a heavy basket made shoppers more likely to grab impulse items instead of taking time to read labels.

Hungry Girl Supermarket Survival: Aisle by Aisle. HG-Style! by Lisa Lillien



Best Insider Tip: For a filling pasta dinner with way fewer calories, try Tofu Shirataki Noodles. Made from Japanese yam flour and tofu, the whole bag (8 oz.) contains only 40 calories! Look for them in the refrigerated section (near the tofu).

EVERY DAY WITH RACHAEL RAY PRESENTS

SHOWDOWN!

★★★ BATTLE OF THE HOT COCOA ★★★

INSTANT

VS

HOMEMADE



6 oz. mug
(prepared with milk)

2 minutes

\$0.47

WEIGHT

PREP TIME

PRICE

6 oz. mug
(prepared with milk)

5 minutes

\$0.30

When you want to snuggle up with a warm mug on a cold day, a packet of hot chocolate mix is certainly convenient. But here's the real treat: Making your own using milk, cocoa powder, sugar and a dash of pure vanilla extract costs about 40 percent less! Save time on the next cup by mixing up the dry goods in advance and storing in a resealable plastic bag. Bonus: money left over to add crushed peppermint candies, mini marshmallows, or a dash of chili powder to spice things up! —SHANNON FLOERSHEIM

AND THE WINNER IS...

HOMEMADE
HOT COCOA!

Supermarket Spy

BETTER BOXED CAKE MIXES

The newest cake mixes to hit supermarket shelves have taken a cue from gourmet bakeries, with trendy new flavors and high-quality ingredients. Here's the best batch—and some bake-a-cake suggestions. BY JUDITH PEÑA



PILLSBURY DARK CHOCOLATE BROWNIE

This one's got dark dutch cocoa powder for brownies with extra-bold, fudgy flavor. (\$2.09, at grocery stores)

Over-the-top upgrade:

Pour the raw batter into the baking pan and swirl in some peanut butter. Halfway through the baking time, sprinkle crushed pretzels on top for a crunchy twist.

SPRINKLES CUPCAKES RED VELVET

From the popular Beverly Hills cupcake shop, these treats are way easier to make than the homemade version (a tricky balance of cocoa powder, food coloring and white vinegar), and the results are moist and airy. (\$14.95, williams-sonoma.com)

Over-the-top upgrade: Drizzle with a cream cheese icing, like Duncan Hines Cream Cheese Amazing Glaze (\$2.19, at grocery stores). Just heat and squeeze on right from the bottle.



WHOLESOME CHOW LIVELY CHAI SPICE

This mix has a lovely warming blend of nutmeg, cinnamon and anise, plus no artificial additives. You can even make it vegan by using soy milk, and it'll still bake up fluffy and perfectly browned! (\$4.50, wholesomechow.com)

Over-the-top upgrade: Slice the baked sheet cake into 4 squares. Whip 2 tsp. bourbon into 1 cup vanilla frosting and layer with the squares to make 2 individual cakes. Top with toasted shredded coconut.



So Smart. So Satisfying.



*Charbroiled salisbury steaks, grilled to perfection and smothered in savory brown gravy
for a taste your whole family will applaud.*



For more Smart & Satisfying ideas, visit on-cor.com

1

Best Chocolate

So Delicious Chocolate Coconut Milk Beverage

Its rich flavor and thick, creamy texture are reminiscent of hot cocoa, but we loved drinking this chocolate milk with a fresh-from-the-fridge chill. The stats on the back of the bottle impressed us, too: This one's low-calorie and has only 10 grams of sugar. (\$2.99 for 1 qt.)

2

Best Soy

Silk Original Soy Milk

Unlike some soy milks, which can be watery and flavorless, this one has body and a well-rounded, sweet-savory flavor. Tasters said it reminded them of their favorite yogurt-covered snacks. We also give it high marks for healthfulness: One serving has 6 grams of protein! (\$3.39 for a half-gal.)

3

Best Nut

Pacific Natural Foods All Natural Hazelnut Original Non-Dairy Beverage

Roasted hazelnuts give this tan-tinted milk a bold, nutty aroma and flavor. Only slightly sweet (from brown rice sweetener), it'd make a perfect base for a fruit smoothie or pureed pumpkin soup. (\$2.64 for 32 oz.)

**WE CAN'T
BELIEVE IT'S
NOT DAIRY!**

We sipped 87 creamy concoctions to find the ones worth the mock milk mustache. BY DINA CHENEY



4

Best Vanilla

Blue Diamond Almond Breeze Vanilla Almondmilk

"This will take my bowl of cereal over the top!" said one staffer. Indeed: The creamy milk tastes of toasted almonds, with a satisfying kick from vanilla extract and sea salt. Drink it for dessert or whisk it in with your eggs and cinnamon when making french toast. (\$2.79 for 32 oz.)

5

Best Rice

Rice Dream Organic Original Rice Drink

Skim-milk lovers will gravitate toward this glass. Derived from brown rice, it has toasty vanilla hints and a light, thirst-quenching consistency. "It would be a delicious substitute for cow's milk in my rice pudding recipe," said one taster. (\$2.99 for 32 oz.)

\$12 DINNERS

Cheap Cuts o' Meat!

They don't cost much, but these hearty cuts of beef, lamb and pork just might outshine every steak in your repertoire. RECIPES BY JANE SIGAL

**DOUBLE
Value!**

Thicken It Up!
For a heartier sauce, spoon out the meat and veggies, then let the juices cook until reduced.

Pork Stew with Fennel & Apricots

SERVES 4 PREP 15 MIN COOK 1 HR 45 MIN

- | | | | |
|----|--|---|---|
| 3 | tblsp. EVOO | 1 | sprig oregano |
| 1½ | lbs. boneless pork butt (also called shoulder roast), cut into 2-inch pieces | 2 | anchovy fillets |
| | Salt and pepper | 1 | large bulb fennel, stems and fronds trimmed off and bulb quartered lengthwise |
| 1 | medium red onion, halved and thinly sliced | ¾ | cup dried apricots (about 4 oz.) |
| 3 | cloves garlic, sliced | | |

**AN EXTRA
BUCK WILL
BUY YOU...**



...a bed of couscous. Scoop ½ cup cooked, salted couscous into each bowl before ladling in the stew.

1. In a 6-qt. dutch oven, heat 2 tblsp. EVOO over medium heat. Working in batches, add the pork, season with salt and pepper and brown on all sides, about 5 minutes per batch; transfer to a bowl. Pour off the fat.
2. Add the onion, garlic, oregano, anchovies and remaining 1 tblsp. EVOO to the pan and season with salt and pepper. Cover and cook over low heat, stirring occasionally, until softened, 8 to 10 minutes. Add 2 cups water and bring to a boil over medium-high heat, stirring to scrape up any browned bits from the bottom of the pan. Add the pork, fennel bulb and stems and the apricots, season again and press a piece of parchment on top. Cover and cook over low heat until the meat is very tender, about 1½ hours. Discard the fennel stems, ladle the stew into large, shallow bowls and garnish with the fennel fronds.

> \$12 WORTH (OR LESS) OF INGREDIENTS <

EVOO	...	.48
Pork butt	...	5.24
Red onion	...	.69
Garlic	...	.21
Oregano	...	.14
Anchovies	...	.39
Fennel	...	2.49
Dried apricots	...	1.96
Total:		11.60
Salt and pepper are freebies.		
		\$2.90
		PER PERSON

Recipe No. 7

C _ ICKE _ BR _ SCHE _ TA _ KILLET



IT'S NOT A GREAT RECIPE WITHOUT **HUNT'S®**

CHICKEN BRUSCHETTA SKILLET

INGREDIENTS

1 can (14.5 oz) Hunt's Diced Tomatoes, drained
3/4 cup shredded Italian blend cheese
1/4 cup chopped basil
5 small boneless chicken breasts
1 can (8oz) Hunt's Tomato Sauce
1 tsp minced garlic
2 cups garlic croutons, crushed slightly
Total time is 30 minutes, serves 5 people.

INSTRUCTIONS

Combine Hunt's Diced Tomatoes, cheese and basil; set aside.
Pound chicken to 1/2" thickness.
Top with tomato mixture.
Combine Hunt's Tomato Sauce and garlic in skillet; add chicken.
Bring to a boil. Simmer covered for 15 minutes.
Top with croutons and serve.

For a fresh look at recipes, check out the Hunt's Signature Recipe Collection at Hunts.com.



Hunt's tomatoes are peeled with FlashSteam®,
not harsh chemicals like most brands.

WHAT GRADE WOULD YOUR KITCHEN GET?

If the health inspectors paid a visit, would you pass or fail? Put your cleanliness IQ to the test with our six-question quiz! BY NATALIE GINGERICH MACKENZIE



1 WHEN IT COMES TO PESTS, YOU'VE GOT:

- A Just the occasional fly buzzing around
- B A mouse (who's not as cute as the Disney version)
- C Cockroaches (cringe!)
- D Ants
- E None of the above



If you've got rodents or roaches, you already know there's a problem. Ants, while gross, aren't a major health risk. Flies, however, are disease carriers, even though they more often get idle swats than screams. "When they land, they transmit germs from whatever they landed on previously," says James Dragan, chief environmental health specialist for Los Angeles County.

3 HOW LONG DOES IT TAKE YOU TO GET YOUR GROCERIES FROM THE STORE TO YOUR FRIDGE?

- A Less than 2 hours
- B More than 2 hours
- C Depends on how many errands pop up



If you answered B or C, you're giving pathogens in meat, eggs, and even seemingly spoil-proof foods like cooked pasta or potatoes a chance to multiply to dangerous levels. And while cooking food can wipe out some types of bacteria, others, such as staphylococcus, produce a toxin that can't be killed by cooking. How's that for an excuse to get away from a chatty acquaintance near checkout?

5 WHAT JEWELRY DO YOU WEAR WHILE YOU COOK?

- A Only my wedding ring
- B Rings, bracelets, watch—I love to accessorize.
- C Nothing—I put anything I was wearing in a dish on the windowsill.



According to the Centers for Disease Control and Prevention, one of the biggest kitchen risks is poor hand-washing habits. Jewelry—especially anything ornate—can exacerbate the risks. "If you wear an intricate ring with nooks and crannies, a lot of stuff will get caught and not come out with regular hand washing," says Dragan. A plain band is probably safe, as long as you scrub under it.

2 HOW DO YOU THAW MEAT BEFORE COOKING IT?

- A In the microwave
- B On the counter
- C In the fridge
- D In a bowl of warm water
- E In a bowl of cold water



Gradual thawing without temperature control lets some parts of the food reach bacteria-multiplying temps while other parts remain frozen. For defrosting, the fridge is your safest option. Submerge the tightly wrapped meat in a large bowl of water and replace the water every 30 minutes so it doesn't get too icy, says Diane Van, manager of the USDA's meat and poultry hotline.

4 WHEN DO YOU WASH YOUR HANDS?

- A After cracking an egg
- B After taking out the trash
- C Between putting burgers on the grill and washing the lettuce and tomatoes
- D Between chopping meat and veggies for a stir-fry

Wash! Wash! Wash! Even unbroken eggshells can carry salmonella. Scrub up after touching anything that's not part of the food process (the trash, the dog) or handling foods that will be cooked (raw meat) followed by ones that won't (burger toppings). Stir-fries are cooked at bacteria-killing temps, so you can cut a corner there.



6 HOW MANY TOWELS DO YOU HAVE IN YOUR KITCHEN?

- A Just one
- B I have a cute matching set of four.
- C We use paper towels.



Paper towels are safest because any time you use the same towel twice, you risk spreading germs. But simple steps can make your kitchen towels less risky. First of all, dedicate separate towels for wiping countertops, drying clean dishes and drying washed hands. To keep things straight, use a different pattern or color for each task. Don't leave damp towels wadded up, and wash them often in hot water. Dragan recommends trading towels out after four hours (or one meal prep).

we're march of dimes® moms

We're in the spotlight some of the time, but we're moms all of the time. We care about our babies and we care about yours. So does the March of Dimes. Help give every baby a healthy start at marchforbabies.org



Standing: Jennie Garth, Kellie Martin, Karyme Lozano, Garcelle Beauvais-Nilon, Melissa Joan Hart

Seated: Julie Bowen, Diane Farr, Nancy O'Dell, Elisabeth Röhm

EQUIPMENT



Small baking sheet



Dry measuring cups
(1 cup and $\frac{1}{2}$ cup)



Small saucepan



Large mesh
strainer



Potato masher



Medium skillet



Garbage bowl

INGREDIENTS

- ☐ 2 large (12- to 14-oz.) baking potatoes
- ☐ 2 cups broccoli florets, chopped
- ☐ Salt and pepper
- ☐ $\frac{1}{2}$ cup reduced-fat sour cream
- ☐ 2 tbsp. unsalted butter
- ☐ 6 oz. black forest ham, chopped
- ☐ 1 can (15 oz.) black beans, drained and rinsed
- ☐ 4 oz. yellow cheddar cheese, shredded (about $1\frac{1}{2}$ cups)

One Potato, Two Potato

What's better than an ooey-gooey, cheese-stuffed baked potato? How about two terrific taters? Our white- and sweet potato versions are sure to please any little eater. BY TRACEY SEAMAN



**DOUBLE
Delish!**

Double-Baked Double-Stuffed Potatoes

SERVES 4 PREP 45 MIN COOK 1 HR 25 MIN



1 SCRUB and dry the potatoes. Preheat the oven to 425°. Place the potatoes on a small, foil-lined baking sheet; pierce each several times with a fork. Bake until fork-tender, 1 hour.



2 DROP the broccoli into a small saucepan of boiling water (ask a grown-up to help with this). Cook until crisp-tender, 3 to 4 minutes. Drain in a strainer, then rinse with cold water.



3 CUT the warm potatoes in half lengthwise. Scoop out most of the flesh, leaving about ¼ inch of potato in the skins, and transfer to a bowl. Return the scooped-out skins to the baking sheet.



4 SMASH the potatoes with a potato masher until fairly smooth; season with ½ tsp. salt and ¼ tsp. pepper. Stir in the sour cream and ½ tbsp. butter.



5 STIR the cooked, drained broccoli into the potato mixture. Ask someone (like your twin sister!) to hold the bowl.



6 MELT ½ tbsp. butter in a medium skillet over medium-high heat. Add the ham and cook until golden, 4 minutes. Spoon the ham into the potato shells.



7 ADD 1 tbsp. butter to the skillet; melt over medium heat. Dump in the beans; mash. Add ½ cup water and mash until the beans are thick; season.



8 SPOON the beans on top of the ham in the potato shells. Sprinkle ¼ cup cheese over each shell.



9 MOUND the potato-broccoli mixture on top and sprinkle with the remaining cheese. Bake until the cheese is golden, 20 to 25 minutes.



SPECIAL ORDERS!

Got a sweet potato fan in the house? Use an orange tater and make these swaps.

Season the flesh with ¼ tsp. each salt and pepper and stir in 2 tbsp. butter (skip the sour cream).

Trade the black beans for pinto beans (they'll look prettier!).

Try a white cheese instead of the yellow stuff. Monterey jack works great—or sprinkle on some pepper jack for a little bit of heat.



Helping kids grow, one recipe at a time: Go to yum-o.org, Rach's nonprofit organization, for more super-delicious, family-friendly dishes and ideas for healthy snacks. You can also find ideas for improving the food at your school, share your favorite good-for-you recipes, and get inspired by organizations and people who are changing the way America eats—how cool is that?!

LAYER IT ON

Looking for a sweet triple play? Dig into our three-story carrot cake: tender layers are paired with a light, irresistibly fluffy frosting. BY TRACEY SEAMAN

THE PEAK OF PERFECTION

The frosting is ready when you see stiff peaks. What does that look like? Check out the pointy waves in our bowl!

Oh! mega-3

Same great peanut taste as the Jif[®] your kids love,
plus an easy and delicious way to include
Omega-3 DHA and EPA in their diet.

www.jif.com



Triple-Layer Carrot Cake with Fluffy Vanilla Frosting

SERVES 4 PREP 1 HR BAKE 25 MIN

- 1½ lbs. carrots, peeled
- 3 cups flour
- 1 tbsp. ground ginger
- 1 tbsp. baking powder
- 1 tsp. baking soda
- 1 tsp. ground cinnamon
- ¾ tsp. salt
- 2 sticks (8 oz.) unsalted butter, at room temperature
- 3¾ cups sugar
- 3 eggs plus 4 egg whites, at room temperature
- 1 tbsp. pure vanilla extract
- ½ tsp. cream of tartar

1. Preheat the oven to 375°. Grease three 2-by-8-inch round cake pans; line with parchment and grease the paper. Bring 4 cups water to a boil in a medium saucepan. Meanwhile, cut 1 lb. carrots crosswise ½ inch thick. Using a box grater, shred the remaining ½ lb. carrots. 2. Add the sliced carrots to the saucepan. Cook until tender, 10 to 12 minutes. Drain and rinse with cold water until cool. Using a food processor, puree until almost smooth. In a large bowl, whisk the flour, ginger, baking powder, baking soda, cinnamon and ½ tsp. salt. 3. Using an electric mixer, beat the butter at high speed until fluffy, about 2 minutes.

Lower the speed to medium and gradually add 2¾ cups sugar; beat at high speed until fluffy, about 5 minutes. Beat in the whole eggs 1 at a time. Mix in 1 tsp. vanilla. At low speed, add half of the flour mixture, mixing until barely combined. Mix in the carrot puree and the remaining flour mixture. Fold in the shredded carrot. 4. Divide the batter among the pans; smooth the tops. Bake until springy in the center, about 25 minutes. Let the layers cool in the pans for 10 minutes, then turn out onto racks and let cool completely before removing the parchment. 5. Make the frosting: In a large metal bowl, combine the egg

whites, cream of tartar and the remaining 1½ cups sugar and ¼ tsp. salt; stir in ¼ cup cold water. Set the bowl over a large saucepan filled with simmering water and beat with an electric mixer at high speed until stiff, 5 to 7 minutes. Remove the bowl from the heat; beat in the remaining 2 tsp. vanilla. Continue beating until the frosting cools, about 3 minutes. 6. Place a cake layer right side up on a platter. Spread with a generous cup of frosting. Repeat with the remaining layers, frosting the top and sides of the cake with the remaining frosting. To serve, cut with a serrated knife, using a sawing motion.

The Icing on the Cake

In this recipe, we used 7-Minute Frosting, a classic cake topper. To make sure it beats up perfectly light and puffy, follow our tips.



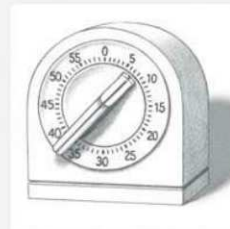
THE WHITE STUFF

To max out the height of egg whites, make sure they're at room temperature before you start beating. Take the eggs out of the fridge about 30 minutes before you plan to use them.



DRY DOUBLE BOILER

Make your own by placing a metal bowl on top of a saucepan (it should fit snugly) filled with an inch of simmering water (the water shouldn't touch the bowl). The steaming water will heat the bowl to the perfect temperature.



AND THE BEAT GOES ON

Velvety frosting needs lots of air—and that comes from beating with an electric mixer for a good 7 minutes. The stuffing starts in the double boiler and reaches its peak off the heat as you continue whipping. Keep it up!

Back to our roots
How did we pack
1½ pounds of carrots into
this cake? We shredded
some—and pureed the rest!

Get the goods

events • promotions • contests & more

Take a peek at some of our every day favorites. We think you'll like them too!

Find more at promo.rachaelraymag.com



Perfectly Personalizable Cards

At cardstore.com, you can personalize your cards so perfectly—with photos, fonts and funny stuff—it's like you climbed inside the envelope! So, send a little you at cardstore.com/everyday.



Post Pebbles Treats

The marshmallowy snack that gives kids 6 essential vitamins and only 90 calories. Available in Fruity and Cocoa varieties. postcereals.com/treats.



Every Busy Life Needs a Little Simplicity

The Citi Simplicity® Card. The card that understands life is surprising enough already. To apply, visit citisimplicity.com.

What's your story? Citi can help you write it.



This Winter Go from Aisle to Isle

Visit the Aisle to Isle promotion in this month's issue for a chance to win a 5-night stay at the Four Seasons in Maui! Enter at promo.rachaelraymag.com/maui.



Zella Bath Faucets

Introducing Zella bath faucets from Delta. This graceful high arc design is inspired by the fluid movement of water and its tranquility. Available in 4" and 8" in chrome and stainless.

Shop online at homedepot.com or in-store today.

deltafaucet.com



facebook.com/RachaelRaymag



- follow us -



twitter.com/RachaelRaymag



DOUBLE Value!



\$1.50 kid lunches

Wanna pack up a week of yummy, no-repeat lunches that won't break the bank? It's in the (brown) bag! BY MONICA PARCELL

FROM YOUR PANTRY (Our recipes use these staples.)

Mayo
Salt and pepper
EVOO
Pasta (we used spaghetti)
Dried herbs
Peanut butter
Honey
Mustard
Eggs
Milk
Flour

YOUR SHOPPING LIST

1 carrot	\$.25
1 cucumber	\$.79
1 apple	\$1.15
1 banana	\$.20
1 pint cherry tomatoes	\$2.50
1 block (8 oz.) mozzarella	\$2.99
1 lb. skinless, boneless chicken breast	\$2.99
1 loaf soft whole wheat sandwich bread	\$2.69
1 sleeve sunflower seeds	\$.99

TOTAL: \$14.55
(for 10 lunch servings)

MONDAY

Chicken Salad "Sushi" Rolls

8 oz. chicken breast • ½ cup diced apple • ¼ cup mayo • 4 slices soft whole wheat bread • ½ each carrot and cucumber, sliced into strips
→ In pan, cover chicken with 1 inch of water; simmer, 10 minutes. Remove from heat; let chicken sit for 10 minutes. Cut into chunks; chop in food processor. Mix chicken, apple and ¼ cup mayo in bowl; season. Trim crusts from bread; flatten with rolling pin, then spread with more mayo; spoon 2 tbsp. chicken salad near 1 edge of each slice; top with a few veggie strips. Roll up like sushi. Chill, 10 minutes; cut into slices. Serves 2.



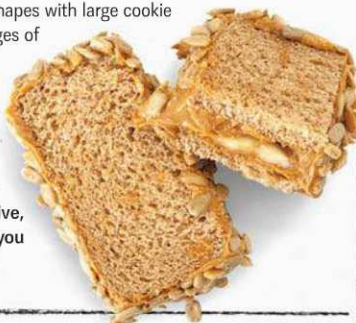
Lunch Money: Cut costs in half by making your own chicken salad.

WEDNESDAY

PB&B CRUNCHIES

4 tbsp. peanut butter, plus more for spreading • 4 slices soft whole wheat bread • 1 banana, sliced • ½ cup sunflower seeds → Spread 2 tbsp. peanut butter over each of 2 bread slices; top each with half the banana slices, then another bread slice. Trim crusts; cut into bars or cut out shapes with large cookie cutter. Spread cut edges of sammies with more peanut butter. Pour seeds onto plate. Dip edges in seeds to coat. Serves 2.

Lunch Money: Nuts can be expensive, but a buck will buy you a whole sleeve of sunflower seeds!



FRIDAY

Use-Your-Noodle Mini Frittatas

4 eggs • 3 tbsp. milk • salt • ½ cup leftover cooked spaghetti, cut into 1-inch pieces • ½ cup shredded mozzarella • 6 cherry tomatoes, quartered → Preheat oven to 375°. In bowl, whisk eggs, milk and ¼ tsp. salt. Grease 4 muffin cups. Divide spaghetti, cheese and tomatoes among cups. Fill cups ¾ full with egg mixture. Bake until puffed and golden, about 15 minutes. Serves 2.

Lunch Money: Use up the extra spaghetti you cooked on Tuesday!



TUESDAY

HERBY SPAGHETTI SALAD

8 oz. spaghetti • ¾ cup cherry tomatoes, halved • ¾ cup mozzarella, cubed • 3 tbsp. EVOO • 2 slices soft whole wheat sandwich bread • pinch dried oregano → Cook pasta according to package directions; cool 1½ cups in bowl (cover and chill the rest for Friday's frittatas). Add tomatoes, cheese and 2 tbsp. EVOO; toss and season. In food processor, grind bread into crumbs. Heat remaining 1 tbsp. EVOO in skillet over medium-high. Add crumbs and oregano; stir until golden, 6 to 8 minutes. Serve 2 tbsp. crumbs with pasta salad (pack separately); save the rest for Thursday's skewers. Serves 2.

Lunch Money: DIY breadcrumbs add crunch and flavor.



THURSDAY

Cock-a-Doodle Skewers with Honey-Mustard Dipping Sauce

8 oz. chicken breast • 1 cup flour • 1 egg, beaten • leftover breadcrumbs (from Herby Spaghetti Salad) • 8 cherry tomatoes • 8 small cubes mozzarella • 3 tbsp. dijon mustard • 3 tbsp. honey • 3 tbsp. mayo → Preheat oven to 400°. Cut chicken into bite-size pieces. Place flour, egg and breadcrumbs in 3 separate bowls. Toss chicken in flour, then dip in egg, then in breadcrumbs, turning to coat. Bake on parchment-lined sheet until golden-brown and cooked through, 25 minutes; let cool. Thread chicken onto 4 skewers, alternating with tomatoes and cheese. Mix mustard, honey and mayo in bowl; pack with skewers. Serves 2.

Lunch Money: Make your own dipping sauce with pantry staples.



FOLLOW us on  .
You'll  what you see.

- **SHARE** with thousands of other Rachael fans
- **SUGGEST** ideas to our editors
- **DISCOVER** new food and fun every day
- **COOK** with delish recipes and daily suggestions
- **COMMENT** on all the style, home and beauty faves
- **FIND** loads of fun with every click
- **SAVE** with exclusive deals and discounts



LIKE US

facebook.com/RachaelRaymag



FOLLOW US

twitter.com/RachaelRaymag



New Swanson® Flavor Boost™.
Just what your skillet's been waiting for.



Introducing Swanson Flavor Boost concentrated broth, in easy-to-use packets. Add flavor instantly to skillet dishes, stir fries and more. It's a whole new way to cook.

The secret is 

Scan with your
mobile device
for a demo
and coupon.



CampbellsKitchen.com/FlavorBoost

SPECIALS ^{OF THE} MONTH

→ DUELING DUOS ←

RACH ^{vs.} GUY

CELEB CHEF COOK-OFF!

PAGE
88

SLACK MACK!

PAGE 92

PAGE
100

NUTRITION ADDITION

MAKE EVERY MEAL
HEALTHIER!

PAGE
78

DOUBLE-DECADENT

30 MINUTE MEALS
FOR LOVE BIRDS

30

minute MEALS

BY RACHAEL RAY

Double-Rich Recipes for Decadent Valentines

In keeping with this month's double-delish theme, I wanted to offer some of my fave dinners. Consider these recipes for an indulgent Valentine's Day!

"Serve these patty sammies for a super-satisfying supper. Some of the other 30-Minute Meals here are stuffed; some are layered. All are downright delicious!"



Double-High Turkey & Portobello Patty Melts

SERVES 4

Turkey Burgers

- 1½ lbs. ground turkey
- 2-3 tbsp. grated onion
- 2 tbsp. chopped fresh chives
- 2 tbsp. chopped flat-leaf parsley
- 2 tbsp. dijon mustard
- 1 tbsp. worcestershire sauce
- 1 tbsp. poultry seasoning
- ¼ cup EVOO

Portobellos

- 4 large portobello mushrooms, sliced on an angle ¼ inch thick
- 1 large shallot, sliced
- 2 tbsp. chopped fresh thyme
- Salt and pepper
- ½ cup dry sherry or marsala
- Softened butter
- 8 slices pullman or sourdough bread
- 8 slices jarlsberg or emmentaler cheese

Step 1

Make the turkey burgers: In a bowl, combine all of the ingredients except the EVOO. Form into 4 thin patties. In a skillet, heat 1 tbsp. EVOO. Add the patties and cook, turning once, for 8 to 10 minutes.

Step 2

Make the portobellos: In another skillet, heat the remaining 3 tbsp. EVOO over medium-high heat. Add the mushrooms and brown for 10 minutes. Add the shallot, thyme,

salt and pepper; cook to soften, 5 to 8 minutes. Deglaze with the sherry.

Step 3

Wipe out a skillet and place over medium-high heat. Spread the butter on 1 side of each bread slice. Layer each of 4 bread slices, buttered side out, with 1 cheese slice, a burger, some mushrooms, another cheese slice and another bread slice, buttered side out. Fry the melts in the skillet over medium heat until golden.



Double-Bacon Burgers with Maple-Worcestershire Onions

SERVES 4

Serve the burgers with a watercress or baby spinach salad.

- 12 slices good-quality smoky bacon
- EVOO, for drizzling
- 2 tbsp. butter
- 1 large onion, chopped or thinly sliced
- Coarse salt and coarse black pepper
- ½ cup cloudy apple cider
- ¼ cup dark amber maple syrup
- 3 tbsp. worcestershire sauce
- 1½ lbs. ground beef sirloin
- 2 tbsp. grainy dijon mustard
- 8 large, thin slices gruyère or sharp cheddar
- 4 brioche buns, split

Step 1

Preheat the oven to 375°. Arrange 8 slices bacon on a broiler pan and bake until crisp, 12 to 15 minutes. Finely chop the remaining bacon.

Step 2

In a skillet, heat a drizzle of EVOO over medium-high heat. Add the butter to melt. Add the onion; season with salt and pepper. Cook until softened, about 15 minutes. Add the cider, maple syrup and worcestershire and simmer at a rapid but controlled bubble, stirring frequently, for 8 to 10 minutes.

Step 3

In a bowl, combine the beef, chopped bacon, mustard and lots of pepper. Form into 4 patties thinner at the center than at the edges for even cooking. Drizzle with EVOO and season with salt. Preheat a cast-iron skillet over medium-high heat. Add the burgers and cook for 5 minutes on the first side. Flip and cook for 3 to 4 minutes on the other side for medium doneness. In the last minute or so, top each burger with 2 slices of cheese to melt.

Step 4

Serve the burgers on the buns, each topped with 2 slices of crisp bacon and some of the maple onions.



Double-Meat White Ragu

SERVES 4

- 1 handful dried porcini mushrooms
- 1½–2 cups vegetable stock or water
- Salt and pepper
- 1 lb. bucatini (hollow spaghetti) or pici (fat spaghetti, not hollow)
- 2 tbsp. EVOO
- 1 lb. ground veal, patted dry
- ¾ lb. bulk sweet Italian pork sausage
- 1 small carrot, finely chopped or grated
- 1 small rib celery with leafy top, finely chopped
- 1 small onion, finely chopped
- 3–4 cloves garlic, finely chopped
- 10–12 small sage leaves, thinly sliced
- 3 tbsp. tomato paste
- 1 cup dry white wine
- ¾ cup milk
- Grated pecorino-romano, for serving

Step 1

Place the mushrooms in a small saucepan and cover with the stock (or water); bring to a boil. Lower the heat and simmer on very low heat to reconstitute (or pour 1 cup boiling water over them, cover and let stand for 10 minutes).

Step 2

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

Step 3

While the pasta is working, in a heavy pot, heat the EVOO, 2 turns of the pan, over high heat until smoking. Stir in the veal to brown slightly, then stir in the sausage, crumbling the meat. Add the carrot, celery, onion, garlic and sage; season generously with salt and pepper. Cover and cook the vegetables, stirring occasionally, until softened, 3 to 5 minutes. Stir in the tomato paste, then stir in the wine to deglaze, scraping up the browned bits from the bottom of the pan.

Step 4

Remove the mushrooms from their soaking liquid and chop. Stir into the ragu with their strained liquid. Stir in the milk, lower the heat to medium-high and cook to thicken.

Step 5

Stir the reserved 1 cup pasta cooking water into the ragu. Add the pasta and toss. Top with a liberal amount of cheese.





Braised Sausages with Macaroni, Cheese Sauce & Fennel

SERVES 4

- 2 lbs. sweet italian sausage links
- 1 tbsp. EVOO, plus more for drizzling
- Salt and pepper
- 1 lb. italian macaroni or ziti
- 2 tbsp. butter
- 1 head fennel, quartered and thinly sliced, plus a handful of fronds, chopped
- ½ small onion, finely chopped
- 2 cloves garlic, sliced or chopped
- 2 tbsp. flour
- ½ cup dry white wine
- 1 cup vegetable or chicken stock
- 1½ cups milk
- 1 cup freshly grated grana padano or parmigiano-reggiano, plus more for serving

0:25
minutes



0:30
minutes



Step 1

Place the sausage links in a skillet and add enough water to come halfway up the sides of the links. Drizzle them with EVOO and bring to a boil over high heat. Lower the heat to medium and cook to evaporate the liquid and brown the links.

Step 2

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

Step 3

While the pasta is working, in a medium pot or deep skillet, melt the butter with

1 tbsp. EVOO, a turn of the pan. Add the fennel slices and fronds, the onion and garlic; season with salt and pepper. Cook, stirring, until softened, 10 to 12 minutes. Sprinkle the flour on top and stir for a minute, then add the wine to deglaze the pan. Stir in the stock and milk and cook to thicken, 5 to 7 minutes.

Step 4

Stir 1 cup cheese into the fennel sauce to melt. Add the pasta and toss to combine. Serve the macaroni with the sausages and pass extra cheese around the table.



"This one's a double fave: browned sweet italian sausages with a side of creamy mac 'n' cheese. Simple and scrumptious!"





Double-Stuffed Shrimp with Beurre Blanc

SERVES 4

- | | | | |
|---|--|----|---|
| 3 | tbsp. softened butter, plus more for spreading | 1 | tbsp. Old Bay Seasoning (about a palmful) |
| 3 | thin slices white sandwich bread, toasted | | Hot sauce, such as Tabasco, to taste |
| 1 | rib celery with leafy top, finely chopped | 16 | jumbo shrimp (about 1½ lbs.)—peeled, deveined and butterflied, with tails left on |
| 1 | small fresno chile pepper, seeded and finely chopped | | |
| 1 | large shallot, finely chopped | | |
| 2 | cloves garlic, finely chopped | | |
| 2 | tbsp. fresh thyme, finely chopped | | |
| | Salt and pepper | | |
| ¼ | cup dry vermouth | | |
| 1 | lb. lump crabmeat, picked over | | |
| ½ | lemon, juiced | | |
- Beurre Blanc**
- | | |
|---|---|
| ¼ | cup white wine vinegar |
| ¼ | cup dry vermouth |
| 1 | small shallot, finely chopped |
| | Salt and black or white pepper |
| 2 | sticks (8 oz.) butter, chilled and cut into tbsp.-size pieces |
| 1 | tbsp. fresh lemon juice |
| 3 | tbsp. finely chopped fresh chives |

0:10
minutes



Step 1

Preheat the oven to 400°. Butter the toasted bread while hot, then finely chop.

Step 2

In a medium skillet, melt 3 tbsp. butter over medium heat. Add the celery, chile, shallot, garlic and thyme; season with salt and pepper. Cook until softened, then stir in the vermouth to deglaze. Transfer the mixture to a bowl to cool. Add the crabmeat, chopped bread, lemon juice, Old Bay and hot sauce to the bowl; mix well with your hands.

0:15
minutes



Step 3

Place the shrimp butterflied side up on a greased baking sheet. Mound the crab mixture at the base of the butterflied shrimp and rest the tail over the top of the stuffing. Bake until the shrimp are pink and firm, 12 to 15 minutes.

Step 4

Meanwhile, make the beurre blanc: In a small saucepan, bring the vinegar and vermouth to a simmer over low heat. Add the shallot and season with salt and pepper. Simmer

0:30
minutes



until reduced by half, 2 to 3 minutes. Remove the pan from the heat and immediately whisk in 4 tbsp. butter until incorporated. Return the pan to low heat and whisk in the remaining 12 tbsp. butter, 1 piece at a time. Stir in the lemon juice, then the chives.

Step 5

To serve, place a puddle of beurre blanc on plates or in shallow bowls. Arrange 4 shrimp in the sauce, with the tails toward the center.

"This baby's doubly rich: shrimp and crab! And to top it all off, it's served with a butter sauce called *beurre blanc* (white butter)."





Tuscan Risotto with Walnuts & Mushrooms

SERVES 4

- 1 qt. vegetable or chicken stock
- 1 generous handful dried porcini mushrooms
- 2 tbsp. EVOO
- 1 small onion, finely chopped
- 2-3 cloves garlic, finely chopped
- 1 tbsp. fresh sage, finely chopped
- 1 tbsp. fresh thyme, finely chopped
- 1½ cups carnaroli or arborio rice
- Salt and pepper
- 1 cup dry white wine
- 1 cup grated pecorino-romano
- 3 tbsp. butter, cut into pieces
- 1 cup freshly shelled walnuts, chopped and toasted

Step 1

Warm the stock and 1 cup water in a saucepan over low heat.

Step 2

Place the mushrooms in a small saucepan and cover with water; bring to a boil. Lower the heat and simmer on very low heat to reconstitute (or pour 1 cup boiling water over them, cover and let stand for 10 minutes).

Step 3

In a large skillet, heat the EVOO, 2 turns of the pan, over medium-high heat. Stir in the onion, garlic, sage and thyme for 3 minutes. Stir in the rice to toast for

a minute; season with salt and pepper. Add the wine and cook to evaporate, then begin ladling in the warm stock, allowing all of the liquid to be absorbed before adding more, and stirring vigorously to develop the starch, until the rice is al dente, 18 minutes from the first addition of liquid (you may have a ladle or so of liquid left).

Step 4

Remove the mushrooms from their soaking liquid and chop. Stir into the risotto with a little of their strained liquid for flavor. Stir in the cheese and butter to melt. Stir in the nuts and serve.

Drunken Risotto with Spinach & Speck

SERVES 4

Speck is cured, smoked pork, similar to pancetta or guanciale (pork cheeks), but your favorite smoky bacon will work well, too.

- 1 qt. chicken stock
- 2 tbsp. EVOO
- ¼-½ lb. speck or smoky bacon, finely chopped
- 1 small onion, finely chopped
- 2-3 large cloves garlic, finely chopped
- 1½ cups arborio rice
- Salt and pepper
- 2 tbsp. finely chopped fresh thyme
- 1 cup dry red wine
- 1 cup grated pecorino-romano, plus more for serving
- 3 tbsp. butter
- 2 cups packed baby spinach, chopped
- Freshly grated nutmeg, to taste

Step 1

Warm the stock and 1 cup water in a saucepan over low heat.

Step 2

In a large skillet, heat the EVOO, 2 turns of the pan, over medium-high heat. Add the speck (or bacon) and cook for 2 to 3 minutes.

Step 3

Stir in the onion and garlic to soften for 2 minutes. Stir in the rice to toast for a minute; season with salt, pepper and the thyme. Add the wine and cook to evaporate, then begin

ladling in the warm stock, allowing all of the liquid to be absorbed before adding more, and stirring vigorously to develop the starch, until the rice is al dente, 18 minutes from the first addition of liquid (you may have a ladle or so of liquid left).

Step 4

Stir the cheese and butter into the risotto to melt. Add the spinach to wilt; season with the nutmeg. Top with more cheese.



"Risotto is so rich and luxurious, yet it's as easy to make and as comforting as a bowl of steamed rice."





FROM LEFT TO RIGHT: TUSCAN
RISOTTO WITH WALNUTS &
MUSHROOMS, DRUNKEN RISOTTO
WITH SPINACH & SPECK

Prosciutto-Wrapped Chicken Stuffed with Herb Ricotta

SERVES 4

Serve this dish with an arugula-tomato salad.

- ½ cup fresh ricotta
- Salt and pepper
- 3 tbsp. grated parmigiano-reggiano
- 1 small clove garlic, grated or pasted
- 1 tbsp. finely chopped flat-leaf parsley
- A few leaves basil, chopped
- A couple sprigs fresh thyme, finely chopped
- 4 small pieces skinless, boneless chicken breast, butterflied
- EVOO, for drizzling
- 4 thin slices prosciutto di parma
- A splash white wine
- 1 tbsp. butter

Step 1

Preheat the oven to 400°. In a bowl, season the ricotta with salt and pepper. Stir in the parmigiano-reggiano, garlic, parsley, basil and thyme. Place some of the ricotta mixture on each butterflied piece of chicken and fold the breast over. Drizzle with EVOO and wrap with the prosciutto.

Step 2

Heat an ovenproof skillet with a drizzle of EVOO. Add the chicken bundles and brown over medium-high heat, turning once, for 4 to 6 minutes. Transfer to the oven to cook through, 12 to 15 minutes.

Step 3

Remove the chicken from the pan and deglaze the pan with the wine. Swirl in the butter. Spoon the sauce over the chicken to serve.





Veal Lovebirds

SERVES 4

- 4 large, thin veal cutlets (about 4 oz. each)
- Salt and pepper
- $\frac{1}{3}$ cup fresh ricotta
- $\frac{1}{4}$ – $\frac{1}{2}$ cup gorgonzola crumbles
- 2 tbsp. chopped fresh sage
- EVOO, for drizzling
- 4 slices prosciutto di parma
- A splash dry vermouth
- 1 tbsp. butter

Step 1

Preheat the oven to 400°. Season the veal cutlets with salt and pepper; trim to about 5 inches long. In a bowl, combine the ricotta, gorgonzola and sage. Divide the mixture and press gently into four 5-inch logs. Place a log lengthwise on each of the cutlets, then roll the cutlets into bundles. Drizzle with EVOO and wrap with the prosciutto.

Step 2

Preheat an ovenproof skillet with a drizzle of EVOO. Add the veal bundles and brown over medium-high heat, adding more EVOO if necessary to brown well. Transfer to the oven to cook through for 10 minutes, then transfer to a plate.

Step 3

Deglaze the skillet with the vermouth. Stir in the butter to melt. Spoon the sauce over the meat to serve.

"Serve these veal cutlets with wilted fresh spinach and gnocchetti tossed with butter and cheese."



Really Buttery Saffron Tagliatelle

SERVES 4

This is for Alessandra, who created this pasta with poppy seeds and saffron sauce at Boccon Di Vino, the restaurant in Tuscany where John and I celebrate our anniversary every year. I hope this does the original dish justice! It was strikingly delicious.

- | | | |
|--|----------------|--|
| Salt | 4 | cloves garlic, smashed |
| 1 lb. egg tagliatelle, such as Delverde | 1 | large curl each lemon and orange zest |
| $2\frac{1}{2}$ cups chicken stock (or water) | 2 | pinches saffron threads (about 30), plus more for garnishing |
| $\frac{1}{2}$ cup white wine | 6 | tbsp. butter |
| 1 small onion, peeled and quartered | $1\frac{1}{2}$ | tsp. poppy seeds |
| 1 carrot, peeled and quartered | 1 | cup freshly grated pecorino-romano |
| 1 small rib celery, quartered | | |

0:20
minutes



0:25
minutes



0:30
minutes



Step 1

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

Step 2

While the pasta is working, in a large, deep skillet, combine the stock (or water), wine, onion, carrot, celery, garlic, citrus zest and saffron; season lightly with salt if using stock, or more heavily if using water. Bring to a boil and let reduce very rapidly to $1\frac{1}{2}$ cups, 15 to 20 minutes. Strain and return to the pan. Stir in the butter to melt over low heat.

Step 3

Add the pasta, poppy seeds and some cheese to the sauce. Toss for 1 to 2 minutes to combine. Serve with the remaining cheese and garnish with a few extra threads of saffron.



GET 'EM TO GO... Snap this code with your phone, choose the recipes you like and get an instant grocery list. Easy! Download the free mobile app at gettag.mobi.



Sign up to receive a new 30-Minute Meal recipe by email daily at rachaelraymag.com/30.

On our new Food Network show,
Rachael vs. Guy: Celebrity
Cook-Off, contestants whip up
delish dishes under the wire.

IT'S A FOOD FIGHT

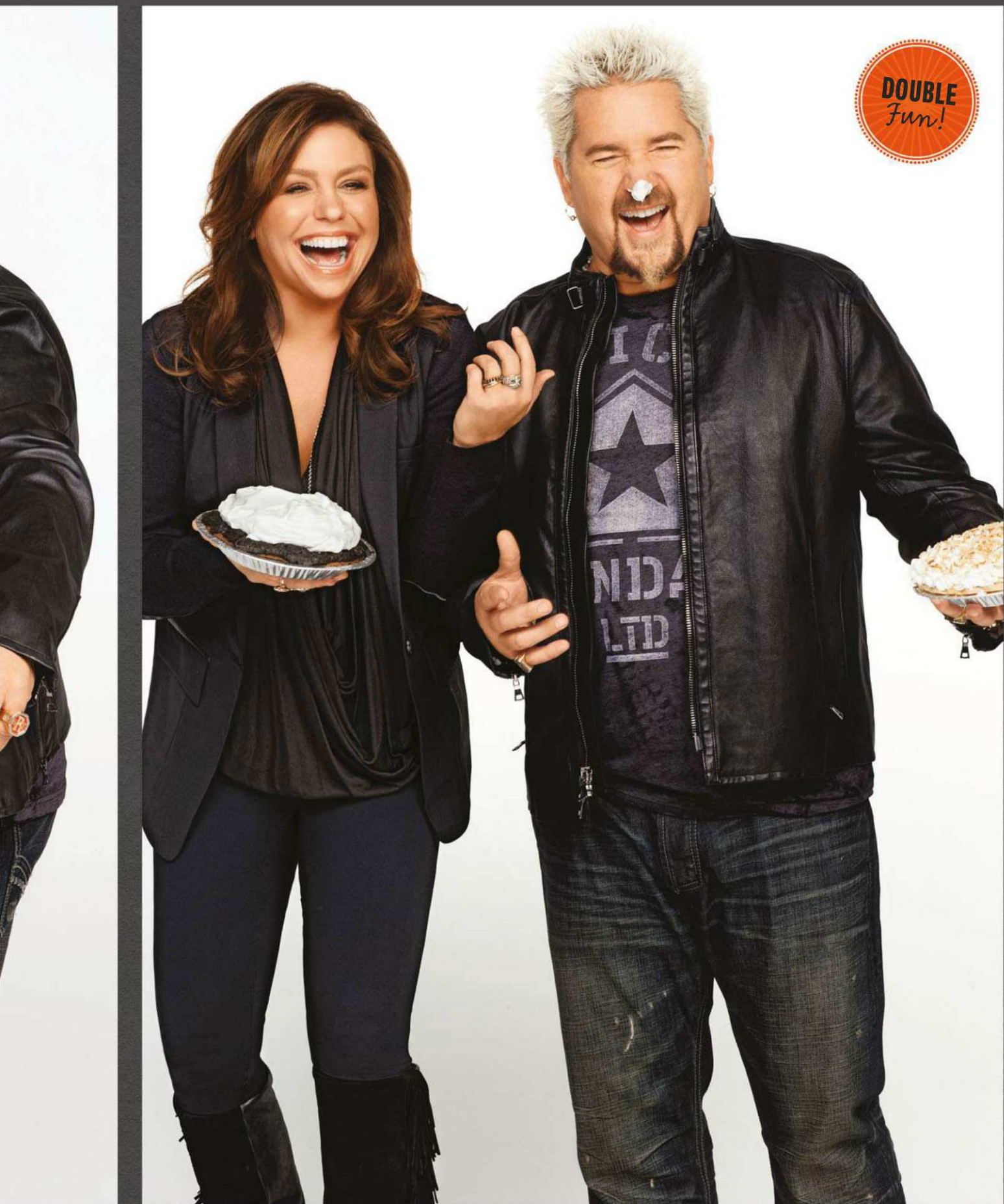
KNOWN FOR BREAKING RECORDS, headlining tours and walking red carpets, eight stars brought their game faces into our TV kitchen to represent their favorite charities and score serious bragging rights. For 18 hours a day, they chopped, cooked and plated their way through high-pressure challenges while Guy Fieri and I shouted tips from the sidelines like NBA coaches. What impressed us most: their high levels of talent. From killer homemade sauces to cherished family recipes, the cooks put their hearts into every dish. We did our best to teach them everything we know, but we also learned a lot from them—and I think you will, too.

By Rachael Ray
Photography by Melanie Dunea

LETTERING BY JON CONTINO



DOUBLE
Fun!



My keys to success: Taste and season as you cook, pay attention to presentation and think outside the box.



DOUBLE DETAILS

TALES FROM THE TRENCHES

There are two sides to every story—and every challenge! Just ask Coolio and Summer Sanders.

COOLIO: “I made my grandma’s mini pudding cake for a dessert face-off and, as it got down to the wire, I realized that it was still loose like a soufflé. I had to go black diamond real quick, so I put the cake in the oven and turned it up to 500°. It stiffened up and came out with a nice brown crust on the top.”

SUMMER: “We shared everything in the kitchen, so we were constantly jogging between our stations and the pantry to get ingredients. One time, I had to run in front of Coolio’s oven while he was making his pudding cake. He stopped me and asked if I could run softer because the shaking could deflate his dessert. So for the rest of the day, I delicately ran around on my tiptoes, laughing the whole time.”

SAVVY SKILLS

ALL-STAR TECHNIQUES

The challengers used these tricks to elevate their culinary creations—and you can use the same ones at home.

LOU DIAMOND: “To boost the flavor of my lasagna, I add thawed, drained frozen spinach into the ricotta—it gives the cheese a great new texture and taste.”

ALYSSA: “I learned this from Guy: When making a caramel sauce (or any sauce with sugar or butter), heat the pan on low and just let it simmer for a while. As it bubbles, the liquid will reduce and become gooey and rich.”

SUMMER: “I lay basil leaves on top of each other in a pile, roll them up like a cigar, then slice up the bundle to make perfect strips. It’s quick and looks professional.”

TAYLOR: “The best tip I learned: When making a sauce for your pasta, put ½ cup of the cooking water in the sauce. The starch from the pasta will thicken and flavor it in one step.”

THE CHOP AND CHANGE-UP

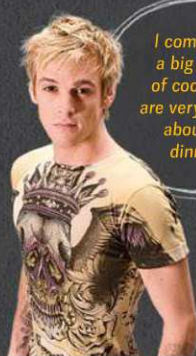
Life in the kitchen is very different after running the gourmet gauntlet.

	BEFORE THE SHOW...	AND NOW...
COOLIO	I did everything in the kitchen by hand.	I use a food processor for almost everything that needs a lot of chopping or blending. It saves so much time. Who knew?
JOEY FATONE	I only chopped with small knives.	I use a chef’s knife. Guy would yell at me to grab the “big-boy knife.” I was intimidated at first because it’s really sharp, but now I have no fear.
SUMMER SANDERS	I cooked a lot of basic mac ‘n’ cheese for my kids.	I look at the plate and think: “What color can I add to this?” I don’t change the main recipe dramatically, but I add broccoli or spinach into the mix.
CHEECH MARIN	I would only buy ingredients at the supermarket.	I stop by gourmet markets for different peppers and curries. I love spicy food, and there’s so much to choose from.
ALYSSA CAMPANELLA	I only ever made my white chocolate and raspberry swirl cupcakes to bring to the Miss USA pageant.	I experiment with my batters and swirl in liqueur, like Grand Marnier.
TAYLOR DAYNE	I cooked a random mixture of things that everyone lovingly called goulash, even though it wasn’t.	I can make veal marsala...from scratch!
AARON CARTER	I never used herbs and spices in my cooking.	I buy dried parsley, basil and garlic powder. I splurge on the ones in glass bottles because they feel fancier than those in plastic.
LOU DIAMOND PHILLIPS	I used the stuff from the can to make sloppy joes.	The can is gone! My new secret weapon: homemade Wild Turkey bourbon barbecue sauce. Yeah, it’s good.

IN THIS CORNER

MEET THE COOKS

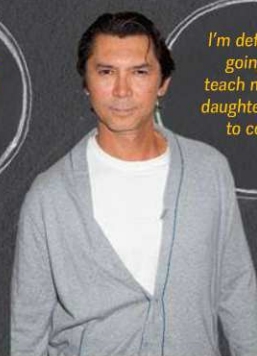
- AARON CARTER, SINGER
- ALYSSA CAMPANELLA, MISS USA 2011
- LOU DIAMOND PHILLIPS, ACTOR
- TAYLOR DAYNE, SINGER
- COOLIO, RAPPER AND COOKBOOK AUTHOR
- JOEY FATONE, SINGER
- SUMMER SANDERS, OLYMPIC GOLD MEDALIST
- CHEECH MARIN, ACTOR



I come from a big family of cooks. We are very serious about our dinners.



I learned to be patient when baking. I could never wait for the oven to heat up!



I’m definitely going to teach my four daughters how to cook.

FOOD STYLING BY TRACEY SEAMAN; FASHION STYLING BY JANE HARRISON FOX; MAKEUP BY JOE J. SIMON FOR GIORGIO ARMANI BEAUTY; HAIR BY MARY CURRAN FOR ARTE SALON, MCCRANSTYLIST.COM; GUY FIERI GROOMING BY KATHLEEN BROWN; ON RACHAEL: BLAZER AND TANK BY YIGAL AZROUEL; LEGGINGS BY STEPHEN WEBSTER; ON GUY: JACKET BY JOHN VARVATOS; T-SHIRT AND JEANS BY AFFLICTION; SUNGLASSES BY VON ZIPPER; BRACELET BY STEPHEN WEBSTER; VINTAGE BOOTS FROM BILLY MARTIN’S; CELEBRITY CONTENTANTS, GETTY IMAGES.

KITCHEN CONFIDENTIAL

MOM'S SECRET RECIPE

This authentic Mexican machaca—a spicy shredded beef—comes from Cheech Marin's family kitchen. Add it to tacos, burritos or nachos.

"When I moved away from home, I'd call my mom all the time to ask her how to make her *machaca*," says Cheech. "I could never figure out how long to cook it, and she would always tell me, 'Until it's done.' Now, when my kids call me asking about the recipe, I tell them the same thing."

MAKE IT: In a saucepan or deep skillet, add sliced or cubed flank steak, chopped potatoes, chopped stewed tomatoes, seeded chiles, onions and fresh oregano. Pour in chicken broth and a little water to cover. Bring to a boil, lower the heat and simmer for a few hours until the meat is tender and the broth is thickened, then shred the meat.

MEALTIME MEMORY

IT TAKES TWO

It's double the fun—and double the trouble—when Aaron Carter has company in the kitchen.

"I love cooking dinner with my twin sister, Angel, but she always tries to take over the kitchen and kick me out. Truth be told, I make a better steak than she does—I add the right amount of butter to the pan to give the meat a crusty char. But she makes some mean mashed potatoes. I remember my mom videotaping us during a family dinner when we were both 3 years old. Angel was so tired that she passed out right into the mashed potatoes on her plate! Ever since then she's taken this strange liking to them."

PRESENTATION POINTS

FOOD WITH FLAIR

Summer Sanders makes butter even better.

"Rach taught me how important it is to make your dishes pop, and my favorite way to do it is with a fancy butter garnish. Add one to your plate before serving and you've got a little something-something."

TRY IT: Place a stick of slightly softened butter into a plastic bag, then add one of your favorite flavorings, such as tomato paste, pesto or minced fresh herbs; seal the bag and shake to coat. Use your palms to form a log. Freeze for 10 minutes, then remove from the bag and slice into rounds just before serving. (Learn more on page 115.)

C'MON, ANSWER OUR...

BURNING QUESTIONS



What was your most bizarre-but-delicious experiment?

"I made a wonderful basil drizzle for the first time ever, and I was going to gild the lily by pouring it over fried chicken. Rach came running over and was like, 'Get that off there!' She was right—it was too much. But I bet it would have tasted great." —*Lou Diamond*

"I'm obsessed with olives, so one time I marinated steak in olive juice. It tasted good to me, but maybe that was just all in my head." —*Aaron*

"Guy taught me how to make a tempura-fried avocado stuffed with crab. Now I fry bell peppers filled with shrimp and ground turkey. I've even made my own spicy and lemon tempura batters, and I'm dreaming up crazy combinations all the time." —*Coolio*

What did we miss when the cameras weren't rolling?

"We got very competitive. It was always friendly, but each person was out to win. If someone needed an ingredient that I was using, I would say, 'Yeah, you can borrow it, but my dish is going to be better!'" —*Alyssa*

"I cut my finger pretty badly one day, but I couldn't stop working or I'd lose time. So while the doctor was bandaging one of my hands, I was chopping with the other!" —*Joey*

"Joey, Coolio and I would sing together and goof around on set." —*Aaron*

"When you have a short challenge—like a 10-minute one—it's hard to find quickly all the ingredients you need in a huge pantry. So anytime we had a spare moment, I would go in there to locate my staples: parsley, oregano and chiles." —*Cheech*

Who was more competitive: Guy or Rachael?

"Don't let Guy's fun rock 'n' roll side or his sweet grin fool you: He's a competitive animal!" —*Taylor*

"Rach was a fireball of information, and I say that because she was so fired up for us. She wanted to win." —*Summer*

"When Guy was judging, he would really think about each of our dishes and how he would have changed it to make it better. He and Rach would always follow up one negative critique with a positive." —*Alyssa*

"Even though you could tell that both of them wanted their teams to win, they were very supportive of everyone on the show." —*Joey*

"It varied depending on the challenge, but, really, Rach is the one you don't want to mess with!" —*Guy*

REPORTED BY
ALISON CAPORIMO



I truly enjoy the feeling of shopping at the market and cooking for my kids.

I always thought I was a good cook, but now I know I'm a good cook.

If you combine good flavors, food turns into an orchestra.

I like the adrenaline in the kitchen—maybe that's my sporty side coming out.

I always try to bring art to my food—I love to have a lot of colors on the plate.

STACK YOUR SUPPER!

Our crazy, creative ideas for piling two dishes

MEAT & POTATO LOAF

How do you take these two dinner staples up a notch? Stack and bake 'em together into one seriously satisfying supper. Cheesy sliced potatoes melt into one another atop a moist meatloaf flecked with sweet red beets and carrots.

Scalloped Potatoes

Beef & Veggie Meatloaf



into one bring basic dinnertime duos to a whole new level.

RECIPES BY TRACEY SEAMAN
PHOTOGRAPHY BY CON POULOS

**Pepperoni &
Pizza Dough**

PIZZA HOAGIE

Why choose between an Italian sub and a pizza pie? Combine your favorite sandwich meats and pizza toppings into a pizza-dough "hero," and the flavor adds up fast! Dunk it in the condiment of your choice: dijon mustard or warm marinara sauce.

**Turkey, Cheese
& Mushrooms**

LEAN-ON-ME MAC 'N' CHEESE

You can teach an old casserole new tricks! This one's sure to surprise your dinner guests: When they scoop down through the layer of sausage bangers and spinach strata, they'll unleash a steamy, creamy pile of elbow macaroni and cheese.

**Sausage, Cheese &
Spinach Egg Bake**

Classic Mac 'n' Cheese



SURF 'N' TURF BURGER

If a fish fillet on top of a cheeseburger sounds like we've gone too far, that's just because you haven't tasted it yet! The tender beef and flaky fish play perfectly off one another, and so do the rich sauce and crunchy slaw.

**Crispy Fish Fillet
with Slaw**

**Juicy Cheeseburger
with Sauce**

CHICKEN & VEGGIE BAKE

For a healthier, heartier take on chicken parmesan, look to the veggie drawer. This breaded-on-one-side version is built atop a layer of ratatouille vegetables like eggplant and bell peppers.

Reverse Chicken Parmesan

Veggie Ratatouille

Airy Winter Squash Soufflé

VEGGIE TOWER OF POWER

If the colors of this dish don't make guests swoon, what's inside will: A gorgeous whipped squash soufflé rests atop luscious, molten green pea risotto.

Green Pea Risotto

TURN FOR THE RECIPES!



MEATLOAF & POTATO PILEUP

SERVES 8 PREP 50 MIN BAKE 1 HR

- 3 lbs. baking potatoes, scrubbed and sliced crosswise $\frac{1}{8}$ inch thick
- 4 tbsp. butter
- 1 large onion, quartered, then one-quarter finely chopped
- 2 tbsp. flour
- $2\frac{1}{2}$ cups half-and-half, warmed
- 6 oz. swiss, shredded
- Salt and pepper
- 2 carrots, peeled and quartered
- 1 small beet, peeled and quartered
- 2 eggs
- $\frac{1}{2}$ cup marinara sauce
- $\frac{1}{2}$ cup plain dried breadcrumbs
- 1 lb. ground dark-meat turkey
- 1 lb. ground beef chuck
- 1 cup fresh basil leaves
- $\frac{1}{2}$ cup EVOO
- 1 tsp. fresh lemon juice

1. Position a rack in the center of the oven and preheat to 375° . In a large pot filled halfway with boiling, lightly salted water, cook the potatoes for 3 minutes. Drain and spread evenly on a paper-towel-lined baking sheet to cool.

2. In a saucepan, melt the butter over medium heat. Add the chopped onion and cook, stirring, until softened, 3 minutes. Whisk in the flour for 2 minutes, then pour in the half-and-half and bring to a boil, whisking constantly; cook for 1 minute. Remove from the heat. Stir in the cheese, 1 tsp. salt and $\frac{1}{2}$ tsp. pepper. Let cool.

3. Using a food processor, chop the remaining onion and the carrots. Transfer to a bowl. Add the beet to the processor and chop. Transfer to a kitchen towel, wrap and squeeze out any excess moisture.

4. Whisk the eggs, marinara, breadcrumbs, $1\frac{1}{4}$ tsp. salt and $\frac{1}{2}$ tsp. pepper into the carrot mixture. Crumble in the turkey, beef and beets and mix well. Transfer to a 9-by-13-inch oval casserole, pressing into an even layer. Top with the potatoes and cheese sauce.

5. Place the casserole on a baking sheet and bake until the edges are bubbly and the top is browned, about 40 minutes. Cover with foil and continue cooking until a meat thermometer placed in the center of the loaf registers 175° , 20 to 25 minutes. Let cool for 20 minutes before serving.

6. Puree the basil, EVOO, lemon juice and $\frac{1}{2}$ tsp. salt. Serve with the meatloaf.

PACK-IT-IN PIZZA HEROS

SERVES 8 PREP 35 MIN (PLUS RESTING) BAKE 25 MIN

- 1 lb. refrigerated pizza dough, quartered
- $\frac{1}{4}$ cup EVOO, plus more for brushing
- 1 lb. sliced cremini mushrooms
- Salt and pepper
- 8 oz. (3-inch-wide) pepperoni, thinly sliced
- 8 oz. mozzarella, shredded
- 8 slices swiss
- 12 oz. roasted turkey breast, thinly sliced
- Dijon mustard or marinara sauce, for serving

1. On a lightly floured surface, form each piece of cold dough into a rounded mound. Cover with a kitchen towel and let come to room temperature, about 20 minutes. Meanwhile, in a large skillet, heat $\frac{1}{4}$ cup EVOO over high heat. Add the mushrooms, season with salt and pepper and cook, stirring occasionally, until browned, about 7 minutes.

2. Position a rack in the center of the oven and preheat to 400° . Line a large baking sheet with parchment. Roll out a dough mound and stretch into a 7-by-8-inch rectangle. With a long end facing you, arrange one-quarter of the pepperoni in an overlapping line across the center of the dough, leaving a 1-inch border at each short end. Layer with one-quarter of the mozzarella, then one-quarter of the mushrooms. Fold 2 slices swiss in half and lay them side by side on top of the mushroom layer. Finally, top with one-quarter of the turkey. Starting with the side farthest from you, stretch the dough to cover the filling completely, being careful not to tear it. Repeat with the side nearest to you, bringing it in to overlap the other piece of dough. Press the edges all the way around the hero to seal. Transfer the hero seam side down to the baking sheet. Repeat with the remaining ingredients to form 3 more heros.

3. Brush the outsides of the dough with a little EVOO and bake until browned, about 25 minutes. Let cool for 20 to 30 minutes. Slice each hero in half crosswise, then serve with the mustard or marinara sauce for dipping.

CHEESY MAC 'N' BANGERS BAKE

SERVES 4 PREP 35 MIN (PLUS RESTING) BAKE 20 MIN

- $\frac{1}{2}$ lb. elbow macaroni
- 1 lb. irish bangers or sweet italian sausages, casings removed
- 2 tbsp. unsalted butter
- 1 small onion, finely chopped
- 1 lb. thawed frozen chopped spinach, squeezed dry
- 4 oz. cream cheese, at room temperature
- Salt and pepper
- 6 eggs
- 1 cup heavy cream
- 1 cup grated parmesan ($4\frac{1}{2}$ oz.)
- 6 slices white sandwich bread, crusts trimmed

1. In a large saucepan of boiling, salted water, cook the macaroni, stirring often, until al dente. Drain and let cool; do not rinse.

2. Meanwhile, in a large skillet, cook the sausage over medium heat, breaking it up with a wooden spoon and stirring occasionally until crumbly, about 5 minutes. Transfer to paper towels to drain. Melt the butter in the pan, then add the onion and cook, stirring often, until softened, about 5 minutes. Add the spinach and cook, stirring, until heated through, about 3 minutes. Stir in the cream cheese until blended; season with salt and pepper. Let cool.

3. In a large bowl, using a fork, beat together the eggs, heavy cream, $\frac{3}{4}$ cup parmesan and $\frac{1}{2}$ tsp. each salt and pepper.

4. In a 9-inch square baking dish, evenly layer the macaroni and cover with the bread slices. Top with the spinach mixture in an even layer, then the sausage. Pour the egg mixture on top and sprinkle with the remaining $\frac{1}{4}$ cup parmesan. (Cover and refrigerate overnight if desired.)

5. Let the casserole stand at room temperature for 30 minutes to an hour. Preheat the oven to 375° and bake until browned and crusty on top and set in the center, about 20 minutes. Let cool for 5 minutes before cutting.



SURF 'N' TURFER SAMMIES

SERVES 4 **PREP** 35 MIN **COOK** 10 MIN

- ½ cup tartar sauce
- 2 tbsp. ketchup
- 4 cups coleslaw mix
- Salt and pepper
- 2 eggs
- ½ cup plain dried breadcrumbs
- 4 small sole fillets (3 oz. each)
- 1¼ lbs. lean ground sirloin
- 4 soft hamburger buns, split
- 3 tbsp. butter
- 8 slices American cheese
- 4 thin slices tomato

1. In a medium bowl, whisk together the tartar sauce and ketchup. Reserve 3 tbsp. of the sauce in a separate cup. Add the coleslaw mix to the bowl and toss well; season with salt and pepper.

2. In a shallow, medium bowl, beat the eggs. Pour the breadcrumbs onto a separate plate and stir in ½ tsp. each salt and pepper. Working with 1 fillet at a time, lightly wet the fish under running water. Coat in the breadcrumbs, then in the beaten eggs, then once more in the breadcrumbs. Transfer to a large plate.

3. Preheat the broiler. In a large bowl, crumble the beef and gently mix in ½ tsp. each salt and pepper. Form the meat into four 4-inch patties; set aside. Toast the buns cut sides up under the broiler until golden-brown.

4. In a large skillet, melt 1 tbsp. butter over medium heat. Add the burgers and cook until brown on 1 side, 3 minutes. Flip, top each with 1 slice cheese, cover and cook for 2 minutes.

5. In a large nonstick skillet, melt the remaining 2 tbsp. butter over medium heat. Add the fish fillets and cook until lightly browned on 1 side, about 2 minutes. Flip, top each with 1 slice cheese, cover and cook for 2 minutes.

6. Spread the reserved 3 tbsp. sauce on the bun bottoms. Top each with a tomato slice and a burger. Top each burger with a fish fillet, some of the slaw and a bun top. Serve with the remaining slaw.

**FIND
OUT
MORE!**
SEE TIP
ON P. 114



CHICKEN PARM-ATOUILLE

SERVES 4 **PREP** 1 HR **BAKE** 25 MIN

- 1 large eggplant, peeled
- Salt and pepper
- 2 zucchini (1 lb. total)
- 1 large onion
- 1 green bell pepper
- 2 cloves garlic, finely chopped
- 5 tbsp. EVOO
- 1 can (28 oz.) peeled whole Italian tomatoes, well drained and diced
- ¾ cup plus 2 tbsp. chopped flat-leaf parsley
- 8 oz. fresh mozzarella, thinly sliced
- ¾ cup plain dried breadcrumbs
- 2½ tbsp. grated parmesan, plus more for serving
- 1 egg
- 4 skinless, boneless chicken breast halves

1. Cut the eggplant into ¾-inch cubes; transfer to a colander, toss with ½ tsp. salt and let drain for 20 minutes. Cut the zucchini into bite-size pieces, then cut the onion and bell pepper into ½-inch cubes; transfer to a bowl with the garlic.

2. Position a rack in the center of the oven and preheat to 400°. Wrap the eggplant in a kitchen towel and pat dry. In a nonstick skillet, heat 2 tbsp. EVOO over medium heat. Add the eggplant and cook until halfway done, 8 minutes. Add the zucchini and cook until crisp-tender, 5 minutes. Transfer to a 9-inch square baking dish.

3. In the same skillet, heat 1 tbsp. EVOO over medium heat. Add the onion, bell pepper and garlic; season with salt and pepper. Cook, stirring occasionally, until crisp-tender, about 5 minutes. Stir in the tomatoes and ¾ cup parsley and cook until tender, about 5 minutes. Spoon onto the eggplant, then top with the mozzarella.

4. In a shallow bowl, toss the breadcrumbs, 2½ tbsp. parmesan and ¼ tsp. each salt and pepper. In a separate shallow bowl, beat the egg. Working with 1 chicken breast at a time, coat the smooth sides with the breadcrumb mixture, then with the egg, then with more breadcrumbs. Place the chicken breasts crumb side up on a large plate.

5. Clean the skillet and place over medium heat with the remaining 2 tbsp. EVOO. Add the chicken breasts crumb side down and cook until the breadcrumbs are golden-brown, about 5 minutes. Season the uncoated sides, then flip and cook for 1 minute. Transfer the chicken crumb side up to the baking dish and bake until cooked through, about 25 minutes. Let stand for 10 minutes. Sprinkle with more parmesan and the remaining 2 tbsp. parsley.



PEA RISOTTO WITH SQUASH SOUFFLÉ

SERVES 4 **PREP** 55 MIN **BAKE** 45 MIN

- 2½ cups chicken or vegetable broth
- 1 stick (4 oz.) butter
- 1 large shallot, finely chopped
- 1¼ cups arborio rice
- 1 lemon, finely zested
- 2 tsp. chopped fresh thyme
- 2½ cups grated parmesan
- 1 cup frozen petite peas, thawed
- Salt and pepper
- ½ cup flour
- 1¼ cups whole milk
- 2 pkgs. (10 oz. each) frozen pureed winter squash, thawed
- 4 eggs, separated

1. In a medium saucepan, bring the broth and 2½ cups water to a low simmer; cover.

2. Grease a 9-inch square baking dish. In a saucepan, melt 2 tbsp. butter over medium heat. Add the shallot and cook until softened, 3 minutes. Stir in the rice and ½ cup of the broth mixture, stirring constantly until the liquid is mostly absorbed. Continue adding the broth in ½-cup increments, stirring until nearly absorbed before adding more, and adjusting the heat to maintain a simmer, for about 20 minutes total. Stir in the lemon zest and 1 tsp. thyme. If the rice is still firm, stir in more broth and cook longer.

3. Remove the pan from the heat and stir in 2 tbsp. butter, ½ cup cheese and the peas; season with salt and pepper. Spread the mixture evenly into the prepared baking dish, then refrigerate until cold (up to 1 day).

4. Preheat the oven to 375°. In a medium saucepan, melt the remaining 4 tbsp. butter over medium-low heat. Whisk in the flour for 2 minutes. Whisk in half of the milk until smooth, then gradually whisk in the rest to make a thick sauce; cook, stirring, for 1 minute. Whisk in half of the squash puree and remove from the heat.

5. Whisk the egg yolks into the remaining squash puree, then stir into the sauce with the remaining 1 tsp. thyme, 2 cups cheese and ¼ tsp. each salt and pepper.

6. Using an electric mixer, beat the egg whites with a pinch of salt just until soft peaks form. Gently fold the whites into the squash mixture until no white streaks remain; spread evenly onto the cold risotto. Bake until the top is golden-brown and the soufflé is cooked through, 45 minutes. Let sit loosely covered with foil for 15 minutes before serving.

NUTRITION



THIS YEAR, WE'RE THINKING ABOUT FOOD IN A WHOLE NEW WAY. We're sick of "low this" and "no that." We'd rather talk about the delicious stuff we *should* be eating. It's a philosophy we call nutrition addition. To find great ways to healthy up our meals, we polled experts on their go-to food boosters—the simple, surprising ways they make their favorites even better. One consistent trend emerged: With each addition of vitamins, minerals and antioxidants comes exponential leaps in flavor, texture and color. Eating better all around? That's a resolution we can get behind.

AD

ITION

*22 yum-o tricks to
make any meal
doubly nutritious—
and doubly delicious!*

BY RACHEL MELTZER WARREN
PHOTOGRAPHY BY JAMES WOJCIK



DITION

MEET OUR EXPERTS

Our tips came from chefs, dietitians, food TV hosts and cookbook authors. What do they all have in common? A passion for good food that tastes good, too.

- ▶ **Nate Appleman**, chef and culinary manager at Chipotle and ShopHouse
- ▶ **Joy Bauer, MS, RD**, nutrition expert for the Today show, author of Joy Bauer's Food Cures and founder of joybauer.com
- ▶ **Chloe Coscarelli**, vegan chef and winner of Cupcake Wars
- ▶ **Aviva Goldfarb**, author and founder of thescramble.com and blogger at Kitchen Explorers
- ▶ **Ingrid Hoffmann**, host of Delicioso and Simply Delicioso
- ▶ **Ellie Krieger, MS, RD**, TV host and author of Comfort Food Fix
- ▶ **Jackie Newgent, RD**, author of the Big Green Cookbook and instructor at the Institute of Culinary Education
- ▶ **Stephanie Romine**, co-author of The SparkPeople Cookbook and editor of sparkrecipes.com
- ▶ **Tessa Stamper, RD**, executive chef for Noodles & Company
- ▶ **Rachel Meltzer Warren, MS, RD**, nutrition writer and educator (and the author of this story!)
- ▶ **Kath Younger, RD**, blogger at katheats.com



1 POUR INSTANT ALL-NATURAL OATMEAL

into a smoothie for a super-satisfying breakfast mash-up. One packet of oatmeal adds 3 grams of fiber; it also contains half of your daily iron needs (for a 14- to 50-year-old woman).

—Nate Appleman

2 ADD GREEK YOGURT INSTEAD OF MILK TO EGGS

before scrambling them. Whisk $\frac{1}{4}$ cup of the creamy stuff into 8 eggs for a light, fluffy, even-better-for-you breakfast. Each cup of greek yogurt contains nearly half the satiating protein you need in a day, and 30 percent of the recommended intake of bone-building calcium.

—Aviva Goldfarb

3 WHISK CANNED PURE PUMPKIN PUREE

into your favorite pancake batter. The fluffy flapjacks will be enhanced with vision-boosting vitamin A (for each $\frac{1}{2}$ cup, you add nearly three times the recommended daily need).

—Kath Younger

FOOD STYLING BY BRETT KURZWEIL

BUMP UP

BREAKFAST

WELL-BALANCED SIDES



4 SWAP OUT HALF OF THE POTATOES IN MASHERS FOR TURNIPS. You'll add vitamins and antioxidants, and decrease calories (potatoes have about four times as many as turnips). —*Ingrid Hoffmann*

5 FILL THAT POT WITH UNSWEETENED TEA instead of plain old water. A green- or white-tea-based broth will add flavor and antioxidants when cooking grains or poaching chicken. —*Jackie Neugent*

6 SUBSTITUTE QUINOA FOR THE RICE IN ANY DISH. Quinoa contains all nine essential amino acids (the building blocks of protein) and has 6 grams of dietary fiber per serving. Rice has none! To make it a meal, use quinoa in a quick paella recipe. —*Hoffmann*



1 TOSS FRESH HERBS INTO YOUR GREENS.

Salads that included fresh seasonings like marjoram, sage and thyme as much as doubled the disease-fighting antioxidants of other veggies, according to a study from Italy.

—Rachel Meltzer Warren

8 TRADE LOW-FAT AND FAT-FREE SALAD DRESSINGS

for dressings made with flaxseed oil or EVOO. The added good-for-you fat will help your body fully process vitamins A, D, E and K, which are abundant in vegetables.

You can also get the same result by adding a small handful of nuts to your salad. —Tessa Stamper

9 REPLACE HALF OF THE MAYO IN CREAMY DRESSINGS

with plain nonfat greek yogurt. You'll get the same volume, up the creaminess, add calcium and protein, and cut calories.

—Ellie Krieger

10 ADD HALF AN

AVOCADO. When people ate salad with the healthy-fat-rich fruit, their blood concentrations of the disease-fighting antioxidants lycopene, beta-carotene and alpha-carotene were as much as 15 times higher than when they ate it without, according to a study from Ohio State University.

—Warren

LETTUCE
IMPROVE YOUR

SALADS

SPECIAL SAUCES

11 PUT A CALIFORNIA TWIST ON TRADITIONAL ITALIAN PESTO by using ripe avocado instead of cheese. Avocados are loaded with anti-inflammatory nutrients like vitamin E; they also add a deliciously creamy flavor and have a beautiful, bright color. For even more goodness, trade the classic pine nuts for walnuts. For each $\frac{1}{4}$ cup, you'll add 2.5 grams of ALA, the plant-based source of heart-healthy omega-3 fatty acids. —*Chloe Coscarelli*

12 INSTEAD OF GRAVY, LADLE HOMEMADE OR BOXED ORGANIC SWEET POTATO SOUP over roasted turkey or chicken. You'll not only add vision-protecting beta-carotene, but you'll also boost overall nutrient richness, eye appeal and flavor. —*Newgent*

13 TAKE THE GUILT OUT OF CREAM SAUCE. Make over your favorite recipe by using 1 cup skim milk and $\frac{1}{2}$ cup pureed white beans (cannellini or great northern) instead of 1 cup heavy cream. You'll mix in more than 25 percent of your daily need for fiber (and save calories). —*Stephanie Romine*

14 WILT A 6-OUNCE BAG OF SPINACH into any bottled marinara sauce. You'll jack up the fiber and add nutrients like iron, beta-carotene and potassium. —*Joy Bauer*



15 PAIR CHICKEN WITH BROCCOLI.

When eaten together, these foods rich in cancer-fighting sulforaphane and the mineral selenium can be 13 times more powerful than when consumed on their own. Similar power couples to try: salmon with cauliflower and cod with brussels sprouts. —Warren

16 MINCE UP SOME MUSHROOMS AND MIX THEM INTO MEAT OR POULTRY

recipes. Many 'shroom varieties are full of vitamin D, the "sunshine vitamin." Your body produces it in response to the sun, but most of us don't make enough. —Newgent

17 GRIND BLACK PEPPER OVER INDIAN CURRY.

The compound that gives pepper its kick increases the availability of the cancer-fighting agent curcumin (found in turmeric) by as much as 2,000 percent. —Warren

18 SQUEEZE CITRUS INTO SIMMERING STOCK FOR BRAISES AND STEWS;

use lemon for a Greek twist, lime for Tex-Mex. A slightly acidic broth leeches calcium from the soup bones, upping the dish's calcium content by 64 percent, according to researchers at Harvard University. —Warren

19 SWAP OUT A CAN OF TUNA FOR A TIN OF SARDINES,

which are packed with nutrients that most Americans are short on: vitamin D, calcium and omega-3s. Just drain off the oil and mash well. Mix things up by using sardines packed in flavored oils or sauces. —Younger



MAXED-OUT MAINS

DOUBLE-
DUTY

DESSERT

20 BOLSTER YOUR BAKED GOODS WITH FLAXSEEDS. To max out the health benefits (including tons of good-for-you omega-3s), grind the seeds in a spice grinder, then stir a few tablespoons into pancake, waffle or carrot cake batter. (The nutty seeds would also be a good addition to oatmeal cookies.) For each tablespoon, you add almost a day's worth of omega-3s. —*Romine*

21 USE COCONUT MILK INSTEAD OF SOUR CREAM in banana bread or other quick breads. It's high in lauric acid, which has strong antibacterial properties. It also has half the fat and calories of sour cream (and makes the bread extremely moist!). —*Coscarelli*

22 TRY WHOLE WHEAT PASTRY FLOUR. Sometimes regular whole wheat flour can be too heavy to use in recipes. With whole wheat pastry flour, however, your recipe will still be light and tender, plus each cup adds 13 grams of fiber, along with minerals and antioxidants. Some recipes will work better using a 50-50 mix of regular and whole wheat pastry flour, but homey treats like pumpkin bread, cookies and pancakes can handle a one-to-one swap. —*Krieger*



EASY SHOPPER



LARGEST SELECTION of
Futon Covers, Frames, & Mattresses

futoncreations.com

GUARANTEED Low Price • **FREE** Shipping



Remodeling? Get your **FREE Color Swatch** today.
Just call 877-760-8856 • Or visit us online now at
www.FutonCreations.com/RAY

Restrictions may apply. See details online.



VIOlight

ORAL CARE GETS STYLISH!

Our adorable Zapi toothbrush sanitizer kills 99% of germs in 6 minutes, while the portable electric Slim Sonic toothbrush is ideal for an on-the-go healthy lifestyle. **Special Offer!** Slim Sonic \$15, now \$12.95. Zapi \$35, now just \$29.95. Use coupon code RRJAN12 at **www.violight.com**



Kissing = Love
Let it happen with
PetzLife Oral Care

February is "Pet Dental Health Month"



Before:

After 30 Days:

Easy To Use **100% Natural**
100% Guaranteed **100% Safe**
Veterinarian Recommended

20% OFF **www.PetzLife.com**
Code: Isaboo **1-888-453-4682**

Entered on the website or call and mention code

MANUFACTURER'S COUPON EXPIRATION DATE 7/31/12

SAVE \$1.00

on one (1) package of either MidNite, MidNite PM or MidNite for Menopause

NEW!



QUESTIONS?
Visit **www.midnitesleep.com**

RETAILER: We will reimburse you the face value of this coupon plus 8¢ handling provided you and the consumer have complied with the terms of this offer. Invoices proving purchases of sufficient stock to cover presented coupons must be shown on request. Any other application may constitute fraud. Coupon void where prohibited, taxed or restricted. Consumer must pay any sales tax. Cash value 1/20¢. Reproduction of this coupon is expressly prohibited. Mail to: Concepts In Health, Inc., CMS Dept #88901, One Fawcett Drive, Del Rio, TX 78840

0188901000-000300

88901 00076 8



Take MidNite Any Time of Night... Wake Alert!

Taken before bed or in the middle of the night, you'll get to sleep fast and wake without grogginess*

America's #1 Drug Free Sleep Remedy¹

Not habit forming

Promotes Healthy Sleep

Promotes Healthy Sleep and Manages Minor Pain**

Promotes Healthy Sleep and Menopause Symptom Relief

GOOD HOUSEKEEPING

f b

Always follow usage instructions | See product label for full usage instructions. Allow a minimum of 3 hours for sleep.
*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.
¹Based on IRI Sales Data ending 9/07/11 **For occasional pain such as muscle pain from exercise. **DIETARY SUPPLEMENT**

EASY SHOPPER

Does Your Dog Suffer from Anxiety?

TRY THUNDERSHIRT!

For thunder, separation, travel, problem barking and more.

100% Satisfaction Guaranteed



- Recommended by Thousands of Veterinarians and Trainers
- Proven Over 80% Effective
- Gentle Pressure Calms Dogs
- Money-Back Guarantee
- The Best Drug-Free Solution for Calming Your Dog

ONLY \$39.95

Enter code **TS461** for Free Shipping

"Overwhelmingly, Thundershirt has been a success with our cases."

Dr. Mark Guise, DVM Harrisburg, PA

thundershirt.com | 866-892-2078



thundershirt



The Giggle



The Crack Up



The Oh-no-you-didn't!

Risata

(Italian for "laughter", universal for "delicious".)



Frizzante and fun!
Risata Moscato d'Asti
From the happy heart
of Italian wine country



CAMPAGNA FINANZIATA AI SENSI DEL REGOLAMENTO CE N. 1254/07

CAMPAGNA SUPPORTATA BY REGULATION EC N. 1254/07

HANDMADE PIEROGI



Millie's PIEROGI

Millie's Pierogi are handmade using the finest ingredients and are fully cooked before packaging.

You can get these popular fillings: Cabbage, Potato & Cheese, Farmer's Cheese, Potato & Onion, Prune, Blueberry. Box of 6 trays \$45, 10 trays \$68, Kapusta & 5 trays \$48, Polish Picnic \$45, Polish Party Pack \$69. Turns any day into an occasion!

www.milliespierogi.com • 800.743.7641

T-Shirt Quilts

We turn your old t-shirts into a **NEW** quilt!

As featured on
Today Show
Real Simple
Rachael Ray

100% Quilted.
As fast as 2 weeks.
We do all the work for you.

Campus Quilt Co.
800-880-8534
www.CampusQuilt.com

Mention this ad for \$10 off.



Custom hand stamped jewelry that is simple yet meaningful, hand made with sterling silver. Makes the perfect gift! Use code rrjan15 for 15% off. Exp. 2/28/12

www.thevintagepearl.com

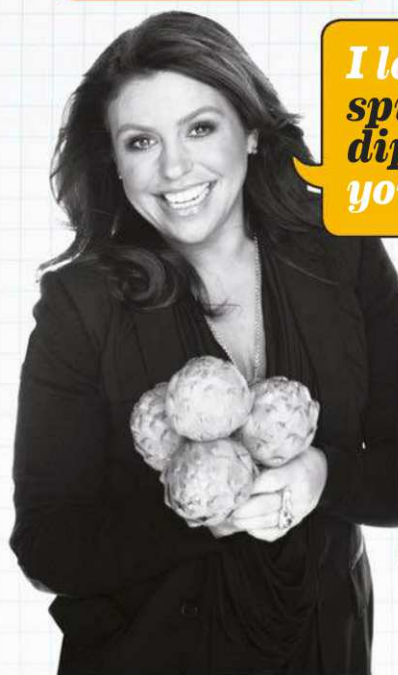


To discuss your 2012 advertising needs,
please call Ashley O'Brien at
212-779-7172, x232
or email her at
amcewan@mediapeople.com

every DAY **talk** WITH FRIENDS

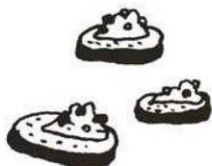


RACH ASKS, YOU ANSWER



I love a good spinach-artichoke dip. What's your favorite dip?

Corned beef dip with chunks of rye bread.
—DAWN MARGERUM ACKERMAN



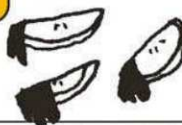
Chili-cheese dip with Fritos Scoops!
—JODI YEARLING



Baba ghanoush. I love dipping carrots and celery into it. :)
—NZ CHICKY



Caramel dip, using apples and pears for dunking.
—LAURA GIROUX



Homemade blue cheese dip—I use any chip or veggie I can find!
—LISA DEAN



Radish dip on Wheat Thins.
—CECILIA SIDLER



Flip to page 48 to see our Super Bowl Dip-Off! Join the conversation at facebook.com/rachaelraymag, plus get all the Test Kitchen Challenge recipes (below).

TEST KITCHEN CHALLENGE

Fill in the food blank: I wish I knew how to make great _____.

Meatloaf—preferably my mother's!

@MYNAILROCK

If Mom's not giving the goods, serve her our Lean, Mean Meatloaf. It's rich with veggies.

Yeast breads @LDTEACHER03

Try our Skillet Rosemary Focaccia—it'll rise overnight in the fridge (easy!).

Cannoli! @ROSIESIZED

Everyone loves the sweet filling, so make Cannoli Cream Banana Parfaits to serve in dessert glasses.

Piecrust @DEBBICHAR

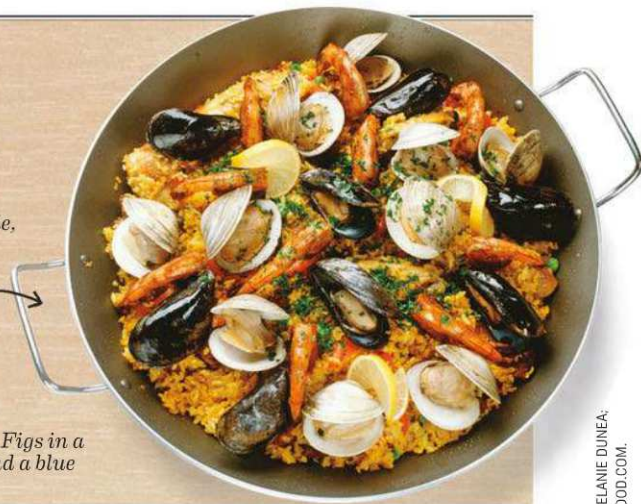
Use the crust from our Rustic Tri-Berry Pie: It's flaky and simple, with no crimping required.

Paella @SHERRYROSE80

We don't call it Easy Paella for nothing: just 10 minutes to prep and 15 minutes to cook!

Baklava @TARYNCAMP33

Oh, we love this take: Blue Cheese Figs in a Blanket, made with puff pastry and a blue cheese, fig and honey filling.



GET IN TOUCH!



facebook.com/rachaelraymag



@RachaelRaymag



RACHAELRAYMAG.COM

Email us at editor@rachaelraymag.com

RACHAEL RAY, MELANIE DUNEAN, PAELLA, STOCKFOOD.COM.

WHAT'S YOUR CURE
FOR CABIN FEVER?

Take a
vacation

85%
ON THE EACH

15% N THE
SLOPES

Turn to page 44
for sun and snow
vacation ideas!

Turn on
the TV

45% DANCING
WITH THE STARS



55%
THE VOICE

Bust out the
games!

32% COMPUTER

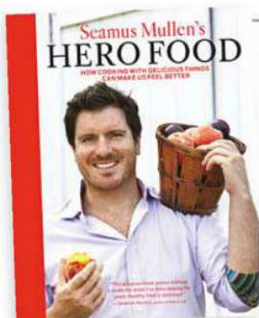
15% IDEO

3% HONE

50%
BOARD



BOOK BUZZ



Hero Food (on sale in May) by
Seamus Mullen, the chef-owner of
New York City's Tertulia restaurant

After Seamus was diagnosed with
rheumatoid arthritis, he started
focusing on "hero foods": **great-tasting
ingredients that are good for you,
too.** Here, a few choice bites.

Nuts

Full of vitamin
E and protein,
they're great
in stews and
sauces like
romesco, the
Spanish blend
of almonds
and red
peppers.

Legumes

Fiber-rich
beans are
great for you
and are a good
value, too.
Cook 'em
in a flash in
the pressure
cooker.

Olive oil

To test its anti-
inflammatory
power, Seamus
gave it up
cold turkey.
After just four
days, his joints
began hurting
again. Bring on
the EVOO!

Fish

Little
swimmers
like anchovies
and sardines
contain big-
time health
boosters like
omega-3 fatty
acids and
calcium.

OOPS!

MESSES & SUCCESSES



No way! I was
making cake pops
and decided to melt
chocolate in the microwave
instead of in a double boiler. I
burned the container, burned
the chocolate, smoked out
the house and set all the fire
alarms off! It smelled awful
for days. —BIZZEEB MOMMIES



Hooray! I was
making a Jiffy spice
cake that said to add
eggs and water, but I wasn't
reading carefully and added too
many eggs. My mom said it was
ruined, but I baked it anyway.
My dad said it was the best
spiced custard he'd ever eaten!
—BARBARA MERCER

Tell us your messes and successes at [facebook.com/rachelraymag](https://www.facebook.com/rachelraymag).

WE LOVE WHAT YOU DID!

Reader
**KRISTEN
HAINEY**
wrote us the
best note!



My girls and I
needed a pick-me-
up, but no ideas
were coming.
Then I read your
June/July 2011

issue...BINGO! Jelly Shots Go
Glam! We threw a party, "**Bling
on the Summer!**"—tiaras
and jewels required. Everyone
brought a dish with a jeweled-
up name: "Emerald Salad" for
caesar salad, "Hidden Treasure"
for a dessert trifle and "Pearls
Before Swine" for bacon-
wrapped scallops. Thanks for
such a glamorous time.



A playlist of jewel-
themed songs kept
the party rockin'!

CHICKEN SOUP

10 WAYS

Our cooks spiced up this classic comfort food with flavors from around the world: Think creole gumbo, coconut-thai, even macaroni and meatballs!

THE CLASSIC!

Chicken Soup

SERVES 6 PREP 20 MIN COOK 1 HR

- 2½ lbs. bone-in chicken breast halves, skin removed
- 1½ lbs. bone-in chicken thighs, skin removed
- 1 qt. chicken stock
- ½ tsp. salt
- 2 onions, peeled and quartered
- 2 large carrots, peeled and halved crosswise
- 2 large ribs celery, halved crosswise
- 2 cloves garlic
- 2 sprigs fresh thyme
- ½ tsp. whole black peppercorns

1. In a stockpot, add the chicken, stock, salt and enough water to cover by 1 inch. Bring to a boil; skim. Lower the heat and add the onions, carrots, celery, garlic, thyme and peppercorns. Partially cover and simmer until the vegetables are tender and the chicken is cooked, about 1 hour.

2. Transfer the chicken to a cutting board; let cool, then shred (discard the bones). Transfer the carrots and half of the celery and onions to a bowl, then dice into bite-size pieces.

3. Strain the broth through a sieve into a bowl, pressing down to extract any juices; discard the solids. Skim the surface of the broth and discard any fat. Return the chicken and vegetables to the pot, add the broth and reheat over medium heat until simmering.



3



1



2



Bethenny Frankel

NATURAL-FOODS CHEF AND CREATOR OF THE SKINNYGIRL BRAND

"In a pinch, use rotisserie chicken. Discard the skin and shred by hand, then pass the remaining wings and drumsticks at the table. Serve the soup in a whole grain bread bowl."

1 COCONUT-THAI
Omit the onions and carrots and add mushrooms, the white of 1 lemongrass stalk, the juice of 4 limes, 2 chopped thai chiles, 1 can unsweetened low-fat coconut milk, 1 tbsp. fish sauce and 1½ tsp. raw sugar. Top with sliced scallions.

2 HEALTHY WHOLE WHEAT NOODLE
Replace the bone-in chicken breasts and thighs with skinless, boneless breasts and use low-sodium chicken broth. Use fresh dill instead of thyme and add ½ lb. of your favorite cooked whole wheat noodles.

3 CHICKEN-TORTILLA
Replace the onions and carrots with canned fire-roasted tomatoes and black beans, and use cilantro leaves instead of thyme. Add sliced jalapeños, sliced avocado and shredded tortillas.



Abby Bodiker

FOOD STYLIST FOR THE RACHAEL RAY SHOW

4 CHICKEN PARMIGIANA

Swap out the carrots and celery for one 14.5-oz. can chopped stewed tomatoes. Add ricotta dumplings: Mix 1 cup ricotta, 1 cup parmesan and $\frac{1}{2}$ cup flour; add to the simmering soup and cook, 5 minutes. Top with basil.

5 VIETNAMESE CHICKEN PHO

Add ground coriander and fish sauce. Replace the raw onions with caramelized onions and 1 tbsp. grated ginger. Cook rice noodles in the broth. Top with chili sauce, bean sprouts and mint; serve with lime wedges.

6 CHICKEN & SHRIMP PAELLA

Add browned sliced chorizo and 1 pinch saffron. Cook long-grain rice in the broth. Add 1 cup each peeled shrimp and frozen peas. Simmer for 5 minutes.

"Big, bold flavors will evoke the warmest memories. Pull in some from other cuisines: basil and parmesan, ginger and chili sauce, or chorizo and saffron."



4



5



6



Tracey Seaman

EVERY DAY TEST KITCHEN DIRECTOR

7 ALPHABET-MEATBALL MINISTRONE

Mix $\frac{1}{2}$ lb. lean ground beef, 1 egg, $\frac{1}{4}$ cup grated parmesan and $\frac{1}{4}$ tsp. each salt and pepper; form into $\frac{1}{2}$ -inch balls. Add to broth with the cooked chicken and veggies; simmer for 10 minutes. Add cooked alphabet pasta, white beans and marinara.

8 SPINACH & EGG STRACCIATELLA

Squeeze the moisture out of 5 oz. cooked chopped baby spinach. Drizzle 2 beaten eggs into the simmering broth while stirring constantly to make "shreds" of egg. Add the spinach and a pinch of grated nutmeg. Serve with grated parmesan.

9 ANDOUILLE GUMBO

Heat 3 tbsp. vegetable oil in a skillet over medium heat; stir in $\frac{1}{4}$ cup flour until golden, 7 minutes. Add diced bell pepper and onion; cook until softened. Whisk into soup with 8 oz. cooked chopped andouille and 1 thawed package chopped okra; simmer, 10 minutes.

"To make soup a day ahead, cut up the chicken and veggies and wrap and refrigerate them. Let the broth cool, then refrigerate that, too. Skim any fat from the top before reheating."



7



9



8



SCRATCH PAD

We maxed out our kitchen for this doubly delicious issue! Twice-stuffed potatoes baked away while we stacked fish fillets on top of burgers and turned carrots into dessert. All of this double-upping inspired a column that's chock-full of extra tips and tricks.

If possible, buy wild-caught Alaskan salmon, which is very low in pollutants.

HEALTHY HINT

SALMON SECRET

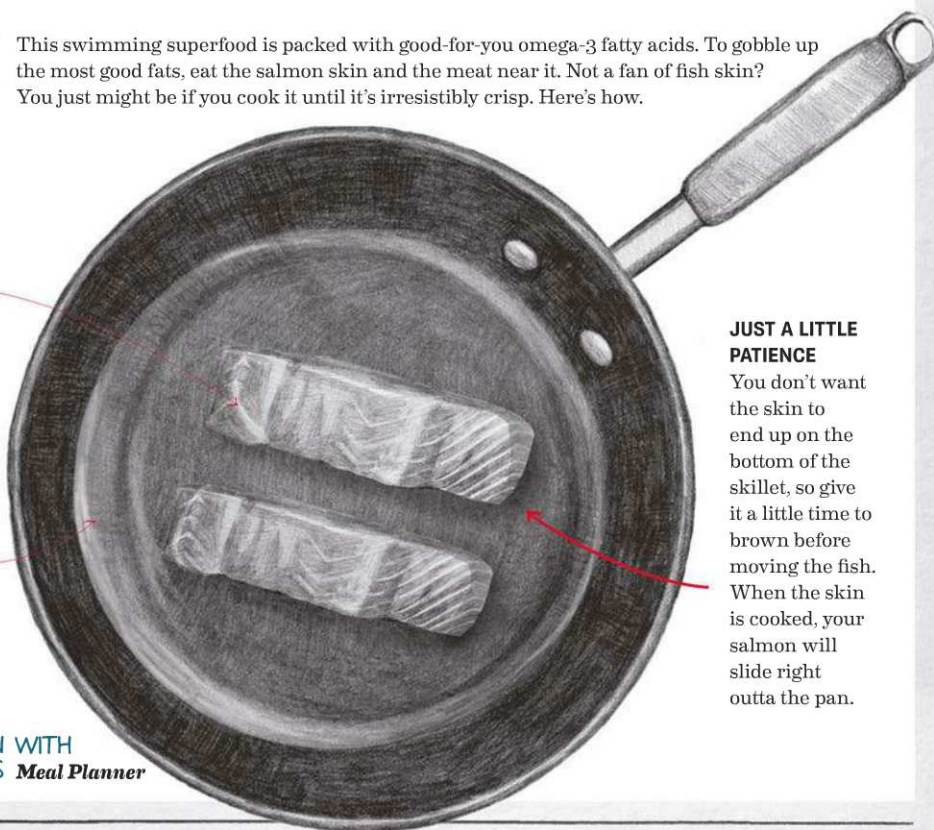
This swimming superfood is packed with good-for-you omega-3 fatty acids. To gobble up the most good fats, eat the salmon skin and the meat near it. Not a fan of fish skin? You just might be if you cook it until it's irresistibly crisp. Here's how.

FIT TO BE DRIED

Make sure the fish is nice and dry: Blot it really well with paper towels.

THE HEAT IS ON

Get a heavy, dry skillet really hot. Once the dry skin hits the heat, the crisping will begin.



JUST A LITTLE PATIENCE

You don't want the skin to end up on the bottom of the skillet, so give it a little time to brown before moving the fish. When the skin is cooked, your salmon will slide right outta the pan.

CRISPY SALMON WITH
FRISEE MASHERS *Meal Planner*

KITCHEN COACH

WET HAND/ DRY HAND

"When you bread something like fish, you want to coat the food—not your hands. First, decide which hand will be working with the wet ingredients and which will be handling the dry. Then follow these steps."

1 Place the fish on a plate, a bowl of breadcrumbs to the right of it, a bowl of beaten egg to the right of that, and a plate at the end of the line.

2 Coat the fish in the crumbs with your dry hand, then in the egg with your wet hand, then in the crumbs again (dry hand).

3 When you're done, place the perfectly breaded fish fillet on the plate. —TRACEY SEAMAN, TEST KITCHEN DIRECTOR



SURF 'N' TURFER
SAMMIES *page 99*

MAKE A FLAVOR BOMB

The warming spice of cloves adds a delicious depth of flavor to rich, meaty soups and stews, but those pointy little things are a pain to fish out of your stockpot. To get all of the flavor with none of the fuss, poke whole cloves into an onion (unpeeled or peeled) and toss the whole thing into the pot. It will infuse the dish with spicy, oniony goodness—and keep the pesky cloves in check. To take it up a notch, use the cloves to tack a bay leaf to the onion. Once the dish is done cooking, spoon up the spice-studded onion and toss it out.



CHUNKY
BEEF &
VEGGIE
SOUP
page 65



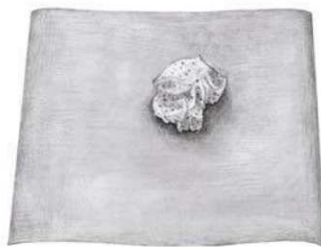
BUTTER UP

"Around the test kitchen, I'm known for using up every last thing. One of the best ways to save yummy little scraps is by making compound butter. It sounds fancy, but it's really just room-temperature butter with tasty things mixed in. It couldn't be easier to make your own at home."

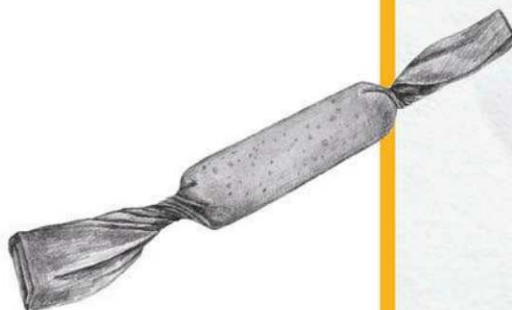
Mix delish leftover bits (like chives and cooked bacon, canned chipotles and lime zest, or blue cheese and rosemary) into the room-temp butter.



Using the parchment as an aid, form the butter into a log shape; roll up tightly.



Scoop out the flavored butter and plop it onto a piece of parchment.



Twist the ends of the parchment to seal in the butter: chill until ready to use.

EGGS IN CLOUDS *page 20*

Use your tricked-out butter wherever you want to crank up the flavor. Try it on fish or steak, or stir it into pasta.



HOW TO BLANCH

“When the lemon-wheel pizza came out of the oven, it looked amazing—but we all puckered up when we took a bite of the too-tart lemon slices. On the second go-round, I blanched the slices before putting them on the pizza. The quick cooking tamed the sourness and softened the texture, too. Problem solved! Blanching is also a great technique for veggies that you want to cook just a bit (asparagus, snap peas, green beans). Boil them in rapidly boiling water for a minute or two until they’re cooked but still tender, then scoop them out and dunk them in ice water to stop the cooking.” —KATIE BARREIRA, SENIOR TEST KITCHEN ASSOCIATE

LEMON WHEEL & RICOTTA PIZZA *page 55*

just because
you only live
once...



...doesn't mean you
can't experience
different lives.

Get off the beaten path
with small group travel
in fascinating locales.

Enter to WIN A TRIP to Italy at
intrepidtravel.com/everyday

Order a brochure
800-970-7299



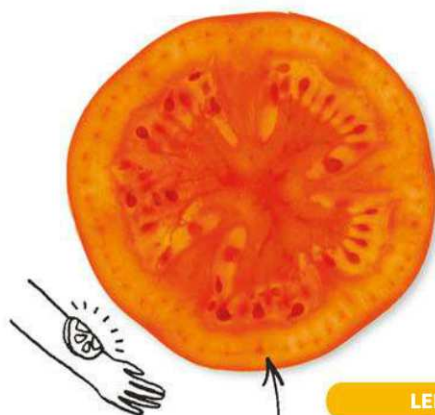
every
DAY

talk

WITH THE
DOCTORS

There's a Pharmacy in Your Pantry!

Who needs the drugstore when you have a well-stocked kitchen? Our friends at The Doctors share the secret healing powers of three food staples. BY TERESA DUMAIN

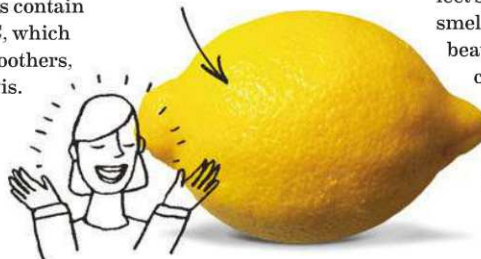


TOMATO

ROAST IT... for a savory addition to a veggie sammy and a boost of heart-healthy lycopene (an antioxidant). **USE IT...** to calm irritated skin. Place a slice of tomato on inflamed skin for five minutes, then remove, let the juice dry and rinse. Do this twice a day until the discomfort ends. Why does it work? Tomatoes contain vitamins A and C, which are known skin soothers, explains Dr. Travis.

LEMON

GRATE IT... into salad dressings, salsas and other sauces for a hit of vitamin C. **USE IT...** to look younger. Its acidic properties can help diminish sun and age spots, explains Dr. Ordon. Moisten a cotton ball with lemon juice and rub it across discolored areas; let dry, then rinse. Do this twice a day and you should start to see results in about a month.



BLACK OR GREEN TEA

FREEZE IT... into a granita with sugar and water for an ice cream stand-in. Tea's antioxidants may help fight cancer and heart disease. **USE IT...** to eliminate foot odor. Brew three or four tea bags in a quart of water for about 15 minutes. Pour the tea into a bucket of cool water to reach a comfortable temperature, then soak your feet for 30 minutes. (Rinse afterward to avoid staining.) Do this once a day for a week. The tannins in the tea act as drying agents, so your feet sweat—and therefore smell—less. For an added beauty boost: Put the cooled tea bags under your eyes to reduce puffiness—another tannin benefit, says Dr. Travis.

The Doctors

- Pediatrician **James Sears, M.D.**
- Psychologist **Wendy Walsh, Ph.D.**
- ER physician **Travis Stork, M.D.**
- Health and wellness expert **Jillian Michaels**
- Obstetrician and gynecologist **Lisa Masterson, M.D.**
- Plastic surgeon **Drew Ordon, M.D.**



For more feel-great tips, watch The Doctors daily (check local listings).

Train at home to Work at Home!

Be a Medical Billing Specialist



**U.S. Dept. of Labor projects significant growth for specialists doing billing for doctors' offices.

Nationally accredited. Be ready to work in as little as four months!

Our experts train you step by step to perform the job of a qualified Medical Billing Specialist. Everything is explained in easy-to-understand language with plenty of examples. You learn exactly what to do and how to do it! You can graduate in as little as four months and be ready to take your first step into this exciting, high-income career.

Be Home For Your Family



Train at home to earn up to \$40,000 a year and more!*

Now you can train in the comfort of your own home to work at home or in a doctor's office, hospital or clinic making great money...up to \$40,000 a year and more as your experience and skills increase! It's no secret, healthcare providers need Medical Billing Specialists. In fact, the U.S. Department of Labor projects a significant increase in demand for specialists doing billing for doctors' offices!



"All of the materials were meaningful, informational, and practical for anyone to understand...I am very proud to state that I was a graduate from U.S. Career Institute and have recommended you highly...Congratulations to you for such a wonderful school."
Joveria S., IL

No Previous Medical Experience Required. Compare the Money You Can Make!

We make it easy to learn how to prepare medical claims for Medicare, Medicaid and private patients. And since every medical procedure must be properly billed, there's plenty of work available. You'll make great money working with doctors as a part of the medical team doing a job that really helps people.

Work-at-Home Advantage Check List

- ✓ Be home for your family
- ✓ Be your own boss
- ✓ Choose your own hours

SAVE MONEY!

- ✓ No daycare, commute, or office wardrobe/lunches
- ✓ Possible tax breaks
- ✓ Tuition discount for active-duty military & their spouses
- ✓ Military education benefits & MyCAA approved

Get FREE Facts! 1-800-388-8765 Dept. RAYB2A12

www.uscieducation.com/RAY12

U.S. Career Institute
2001 Lowe St., Dept. RAYB2A12
Fort Collins, CO 80525

Or mail this coupon today!

Accredited • Affordable • Approved

Yes! Rush me my free information package with complete details about training at home to be a Medical Billing Specialist. I understand there is absolutely no cost and no obligation.



Name: _____ Age: _____
Address: _____ Apt: _____
City: _____ State: _____ Zip: _____
E-mail: _____



Celebrating 30 years of education excellence!

*with experience, based on figures from U.S. Dept. of Labor's BLS website

CL137

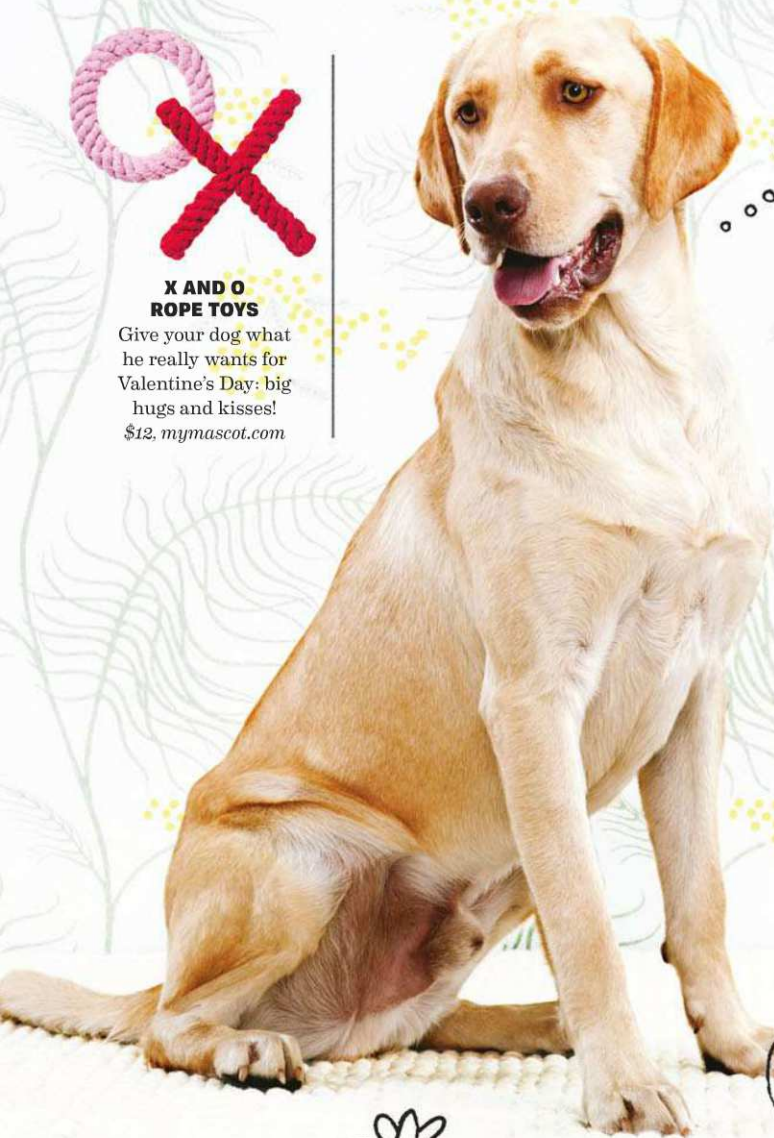
With a Cherry on Top

Loaded with heart-healthy whole grains and antioxidants, these tasty treats will keep your puppy strong, happy and oh-so-enamored with the cook! BY SARAH ZORN



X AND O ROPE TOYS

Give your dog what he really wants for Valentine's Day: big hugs and kisses! \$12, mymascot.com



Who stole the cookie from the cookie jar? I'll give you one guess!

"Puppy Love" Cherry Crunchies

MAKES 2 DOZEN PREP 15 MIN BAKE 30 MIN

- 2½ cups whole wheat flour
- ½ cup dry milk powder
- ½ cup dried cherries, chopped
- 1 egg, beaten

1. Preheat the oven to 350°. In a large bowl, stir together all of the ingredients and ¾ cup water, adding more water as needed if the dough is too stiff.
2. On a lightly floured work surface, roll out the dough ¼ inch thick. Using a 1-inch cookie cutter, cut out the dough and transfer to a greased cookie sheet. Gather and combine all the scraps, roll and form more cookies; repeat until all of the dough is used. Bake until crisp, 25 to 30 minutes. Transfer to a rack to cool.

Every dog is different, so check with your vet to see if this recipe is suitable for your pet.



ANOTHER PUP SAVED: MAIA

For the first time in her life, 12-year-old Maia has a home. Sharon Louder adopted the spunky border collie mix after hearing her story through Best Friends Animal Society in Kanab, Utah, the nation's largest sanctuary for abused and homeless animals. Maia spent her first three years living with a pack of stray dogs in the desert, then lived at the shelter for nine years. "She never had a real family, and that's what I wanted to give her," Sharon says. Now the inquisitive but shy pooch is slowly coming out of her shell. Maia loves going on car rides and playing with her two new furry brothers. "She just adores other dogs," Sharon says. "She depended on them so much in her early years that there's an instant connection."



MAIN PHOTOGRAPH BY CATHERINE LEDNER

My vet thinks I'm beautiful...
inside and out.

Iams Premium Protection with PreBiotics.
Vets agree, a healthy checkup starts inside.

Iams Premium Protection is fortified with cutting-edge ingredients like PreBiotics. PreBiotics work inside the digestive tract to promote healthy digestion and strong defenses. The right nutrition and regular vet visits promote lifelong health. Find a vet near you at www.iam.com/findavet.

Iams Premium Protection.

The most advanced Iams nutrition. Ever.



PREBIOTICS
for strong
defenses



VITAMIN E
for immune
system health



L-CARNITINE
to help burn fat
in adult pets



NATURAL FIBER
for healthy
digestion



OMEGA 6:3
for healthy
skin and coat



A Day in the Food Life of Joel McHale

The side-splitting star of NBC's *Community* and host of E!'s *The Soup* runs on caffeine—a lot of it.



Will there be COFFEE?



5:10 a.m.

I need caffeine. I drink about six cups of coffee a day, but I start with a "dry latte" cappuccino—I pour a double shot of espresso with nonfat milk and zero sugar, then I'm out the door.

4:30 a.m.

I get up very early because I have to be on the set of *Community* at the crack of dawn. I stumble blindly out of the bedroom so I don't wake my sleeping wife.

Rise and shine!



5:30 a.m.

I sing along to the car radio to warm up my voice. My song of choice: anything from *The Lion King*. Just kidding! It's actually "Walk" by Foo Fighters.

5:30 p.m.

My wife texts me a picture of a spider she found in the yard and asks me, "What is it?" I send the pic out on Twitter and get the answer in minutes: It's a red-backed jumping spider. Turns out it's harmless. I'm more grossed out by cockroaches.



6 p.m.

Part one of my day wraps and I'm off to the set of *The Soup*. I call my wife and sons while I'm in the car—I don't get to see them a lot, so this is my time to catch up.



6:45 p.m.

I stand in front of the green screen and start playing off the teleprompter. I used to be bad at reading it, but I've gotten a lot better. The setup here is really different: We shoot in front of a live audience, with one camera and a screen. There's a cool energy.



8 p.m.

After waving goodbye to the studio audience, I'm on my way back to *Community*. I stop by Starbucks to order another double cappuccino. It's like I'm immune to caffeine. I snack on some nuts and cranberries, too.



3 p.m.

Time for makeup touch-ups. I don't mind it because: a) I can get focused and look at my script, and b) it makes me look pretty. If I'm taking off my shirt, they spray makeup on my chest because everything shows in HD. Everything.



9 p.m.

Round two: We film a scene, and I get the chuckles and stumble through the setups because I'm laughing. But I pull it together and we get a great take.



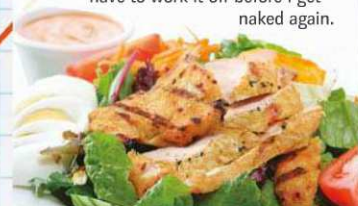
12:30 a.m.

I read tomorrow's scripts and make it into bed before passing out. Even though I'm tired, I'm thrilled for the next day. I really do skip to work every morning.



1 p.m.

The crew breaks for lunch, and a bunch of us go to Joan's on Third. I like their chopped salad with grilled chicken, bacon, blue cheese, egg and tomato. Since I'm always half-naked on the show, I can't go nuts on the food. If I do, I'll have to work it off before I get naked again.



8 a.m.

After rehearsal, the cameras start rolling. The cast gets along really well. You hear nightmares about other crews, so I'm fortunate to work with such a great group.



Certain foods take years to mature.



**Fortunately, it only takes 15 minutes to see how much you could
SAVE WITH GEICO.**

Great cheeses. Fine wines. Aged meats. Some things just take a long time until they become just right. Fortunately, it only takes 15 minutes to get your insurance right with GEICO. Because while some things get better with time, waiting to save money isn't one of them.

Get a free quote.

GEICO
geico.com

1-800-947-AUTO (2886)
or call your local GEICO agent

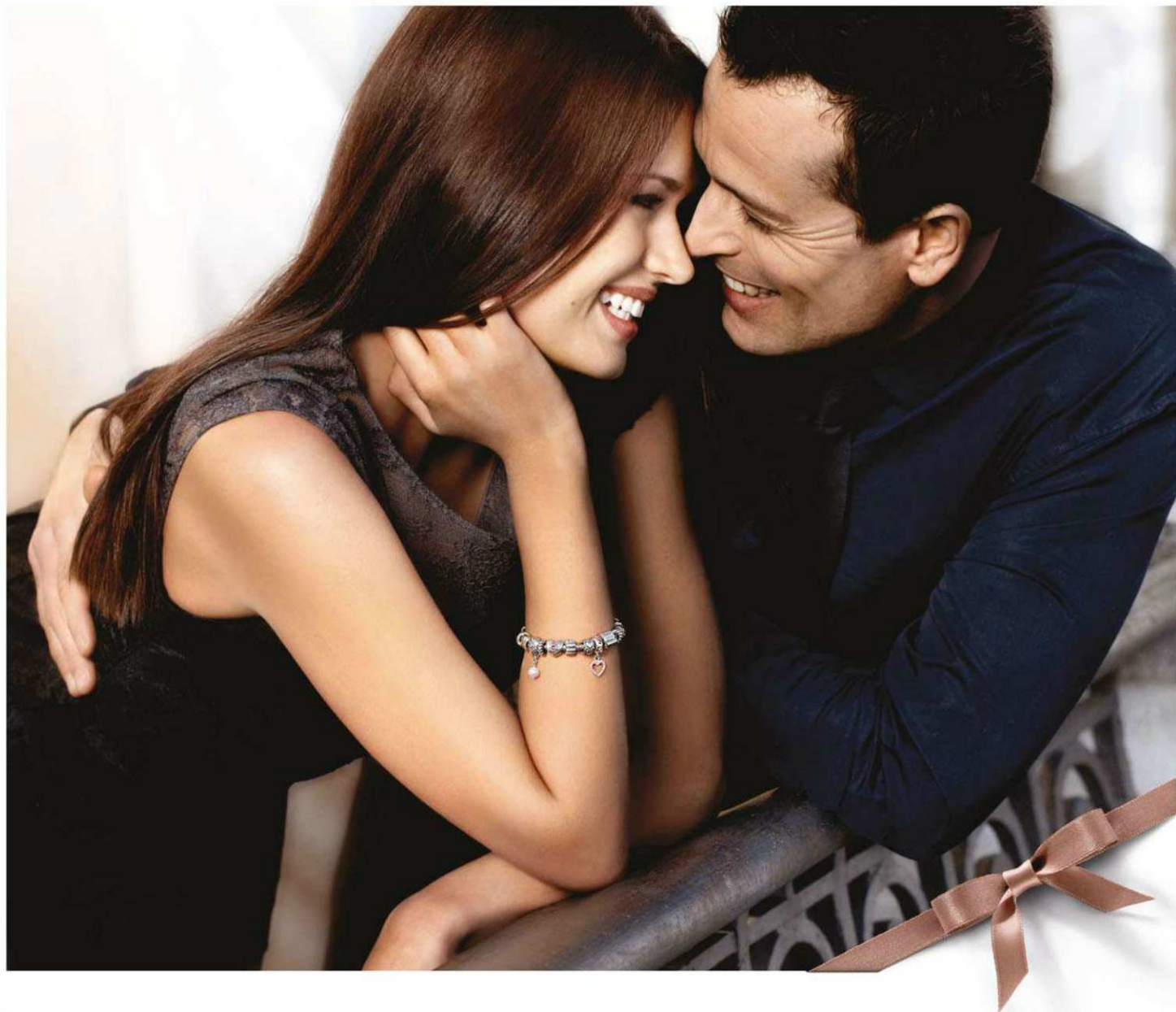


AUTO • HOME • RENTERS • MOTORCYCLE • RV • BOAT • PWC

Some discounts, coverages, payment plans and features are not available in all states or all GEICO companies. Motorcycle coverage is underwritten by GEICO Indemnity Company. Homeowners, renters, boat and PWC coverages are written through non-affiliated insurance companies and are secured through the GEICO Insurance Agency, Inc. GEICO is a registered service mark of Government Employees Insurance Company, Washington, D.C. 20076; a Berkshire Hathaway Inc. subsidiary. GEICO Gecko image © 1999-2012.

© 2012 GEICO

Celebrate a love
LIKE NO OTHER



Nothing symbolizes the special bond you share like our truly unique heart-shaped pendant charm. Hand-finished sterling silver with 5 cabochon-cut rhodolites set in gold. To give the love of your life hints for unforgettable Valentine's Day gifts like this one, visit our gift advisor at PandoraGiftAdvisor.com.

US Pat. No. 7,007,507 • © 2011 Pandora Jewelry, LLC • All rights reserved

PANDORA®
UNFORGETTABLE MOMENTS