

CHEAP AND EASY ROAD TRIPS THAT YOU WILL REMEMBER FOREVER

EVERY DAY

rachaelraymag.com

with RACHAEL RAY

**HOLD ON
TO YOUR
PAYCHECK!**

**save big \$\$\$ at
the supermarket**

**summer
veg-fest**

fresh farmers'
market finds

**8 WAYS TO
COOK UP
A CHICKEN**

**cook with love,
not guilt**

feel great about
feeding your family

AUGUST 2010



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♻️ RECYCLED PAPER



weeknight
dinners for
\$10
or less

all-new
**30-MINUTE
MEALS**

no-sweat
party
PACKAGE

**NEW WAYS
TO CHILL OUT**

(ice cream, anyone?)

**COOL PARTY
FOODS FOR HOT
SUMMER NIGHTS**

(100% easy)

**STRESS-FREE
WAYS TO FEED
YOUR FRIENDS**

(with almost no time
or money)

EVERYDAY

kitchen



goodbye, guilt!

Hey, don't be so hard on yourself. There are easy ways to avoid...

BY DINA CHENEY

...UNHEALTHY DINNERS.

Mix and match: Stock pantry staples like whole grains, beans, nuts and dried fruit. Shop weekly for produce and lean protein, then cook ahead (think hard-boiled eggs and grilled chicken). A **healthy meal** (say, farro salad with chickpeas, roasted red peppers and feta) is now minutes away.

...RECIPE RUTS.

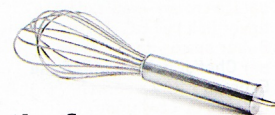
Shake off menu blues by dusting off your **cookbooks**. Member service Eat Your Books (eatyourbooks.com) lets you search its database of 100,000 titles. Make shopping lists and search by on-hand ingredient (in way less time than it'd take to check 14 different indexes for "chicken").

...WASTED FOOD.

Refashion "vintage" leftovers, says dietitian Jackie Newgent, author of *Big Green Cookbook*. Puree grilled veggies with hummus for a dip, or mix rice pilaf with ground poultry for burgers. And don't overlook **scraps**: Toss clean strips of citrus peel into hardened brown sugar to soften it.

...KITCHEN CLUTTER.

Toss out all your extras, from dishes to spices, says Julie Morgenstern, author of *SHED Your Stuff, Change Your Life: A Four-Step Guide to Getting Unstuck*. Then, establish activity zones—food prep and cooking, serving, cleanup and **recycling**, and paperwork—and stay in the zone.



tip from the EVERY DAY test kitchen

Don't let storage space—or lack thereof—limit your love of kitchen gear. Hang utensils, tools and even small appliances in an over-the-door shoe organizer.

web

Share your tips for **making the kitchen guilt-free** at rachaelraymag.com/august.

