

PHOTOS  
OF EVERY  
RECIPE!

**CAFFEINE FIX!**  
Green Tea Taste Test, p. 64

**Rach's Most-Asked-For  
DEVILED EGGS**

**NEED A BREAK?**  
Exclusive Vacation Deals!

TAKE A BITE OUTTA LIFE!

# Every Day

with Rachael Ray

**SPECIAL  
GREEN  
ISSUE**

**37**

**WEEKNIGHT  
DINNER  
WINNERS!**

- Fresh & Light 30-Min Meals
- Totally Unboring Veggies
- Healthy Pasta in Minutes

**Make-Ahead  
SUNDAY  
(or anytime!)  
BRUNCH**



TURN  
'EM INTO  
DESSERT  
(P. 90)  
OR DRINKS  
(P. 22)!

**25  
WALLET-  
FRIENDLY  
IDEAS**

**Kitchen Bargains**

**Tricks to Cut Your  
Grocery Bill**

**Best Cheap Wine!**

APRIL 2012  
RACHAELRAYMAG.COM





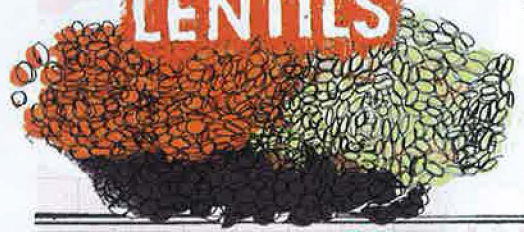

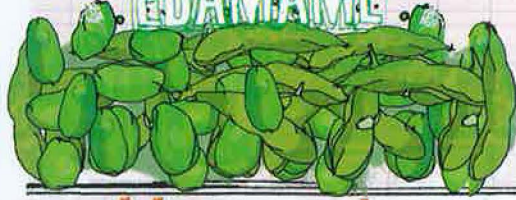


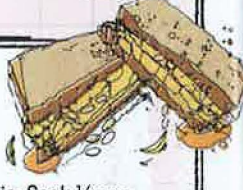
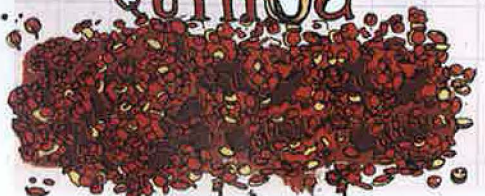
RECYCLED PAPER



# POWER PLANTS

*Be a lean, green, protein-eating machine with our five favorite meat-free muscle foods.*

There's one kitchen switcheroo that can lighten your carbon footprint, cut your grocery bill and do a whole lot for your health: trading in meat for plant-based protein. Not only do these foods come packaged with heart-healthy fiber, unsaturated fats and antioxidants, but they also help curb overeating (protein of any sort helps you feel satisfied, which translates to fewer cookie-jar visits between meals). Check out some of our favorite meatless wonders, along with easy—and surprising!—ways to help get the 46 to 56 grams of protein that most adults need every day. BY RACHEL MELTZER WARREN, MS, RD

Food Star	Stats	Cook It Up!
<b>WHITE BEANS</b> 	<b>19g protein per cup</b> All beans pack the nutritional power of fiber, vitamins and antioxidants, but white beans are tops when it comes to protein.	<b>CLASSIC:</b> Make a dip by whirling a canful of drained, rinsed beans in the food processor with EVOO, rosemary, salt and pepper. <b>CREATIVE:</b> Toss beans with chopped cucumber and fennel, feta and white wine vinaigrette. 
<b>LENTILS</b> 	<b>18g protein per cup</b> Easier to reconstitute than other legumes because of their small size, these fiber- and folate-rich seeds have a subtle, earthy flavor.	<b>CLASSIC:</b> Simmer in veggie-packed, broth-based soups. <b>CREATIVE:</b> Cook, then puree with egg, oats and seasonings. Shape into patties and cook on a grill pan for a won't-miss-the-beef burger. 
<b>EDAMAME</b> 	<b>17g protein per cup</b> These young soybeans, found in the freezer section of the grocery store, are sold shelled or in the pod (pop 'em out with your teeth).	<b>CLASSIC:</b> Toss into a broccoli and red pepper stir-fry. <b>CREATIVE:</b> Roast shelled edamame in EVOO with chili powder and salt for a spicy snack. 
<b>Almonds</b> 	<b>8g protein per ¼ cup</b> They're a good source of fiber and heart-healthy monounsaturated fats, and may help cut cholesterol and lower your risk of diabetes.	<b>CLASSIC:</b> Build a tasty, good-for-you lunch with whole grain bread, banana slices, chopped or slivered almonds and a drizzle of honey. <b>CREATIVE:</b> Make a DIY almond smoothie: Soak ½ cup raw, blanched almonds in water overnight. Drain, then mix almonds in a blender with 4 cups water, a frozen banana, cocoa nibs and maple syrup. 
<b>Quinoa</b> 	<b>8g protein per cup</b> This Peruvian seed has nearly twice the protein of rice and other grains. It's also a complete protein (contains all nine essential amino acids).	<b>CLASSIC:</b> Mix hot cooked red or regular quinoa with frozen peas and parmesan for a light and easy risotto alternative. <b>CREATIVE:</b> Cook it up in apple juice instead of water (for sweetness), then use as the base for a hot breakfast cereal. Top with cinnamon, nutmeg, slivered almonds and honey. 