

# EVERY DAY

with RACHAEL RAY

rachaelraymag.com

## 101 WAYS to a STRESS-FREE thanksgiving

Get the **big meal** on the table in 60 minutes *(no joke!)*

Your go-to **game plan**

**Leftovers** you'll love

Mmm! Double-decker pumpkin pie

## Holiday Vacations

All the trimmings, none of the hassle

what a steal!

# FAMILY DINNERS FOR \$10 or LESS



FREE INSIDE!  
30-MINUTE MEAL SHOPPING CARDS

## YUM

## food to the rescue

Spilled drinks. Temper tantrums. We can't make them go away, but we can tell you how to deal at this year's Thanksgiving table. Load up on these Turkey Day staples: **They're packed with nutrients** to help you cope with the chaos. —AMANDA WAAS

### Turkey

**Help yourself if:** Kids are crying. Everywhere.

Tryptophan, the culprit behind post-dinner laziness, might also help regulate your mood. Gobble up some extra slices to sooth the stress—or nap through the noise.

### Mashed Potatoes

**Help yourself if:** You're about to be elbow-deep in family dish duty.

Plenty of skin-on "smashed potatoes" might help keep you calm when it's your turn to scrub. They're packed with potassium, a blood pressure regulator.

### Acorn Squash

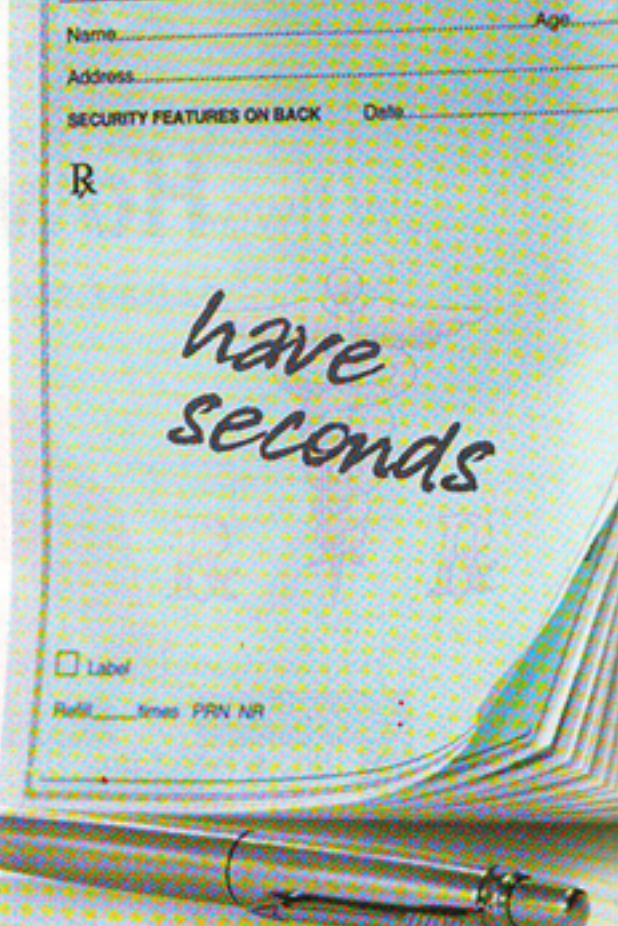
**Help yourself if:** You want to beat your cocky cousin at the family's annual touch football game.

Eat an extra serving of squash, and he'll be eating your dust. The healthy dose of vitamin B in this veggie might help enhance athletic performance.

### Cranberry Sauce

**Help yourself if:** You're stuck sitting next to your old Uncle Henry, who doesn't cover his sneezes.

You can't escape the ick factor, but loading up on vitamin-C-rich cranberry sauce, made with fresh berries, might build up your cold and flu defenses.



### WHERE'S RACH?



**Environment337**  
56 University Place,  
212-254-3400,  
environment337.com

New York City is filled with fun places to shop, and this cute Greenwich Village corner boutique is my neighborhood fave. It looks teensy from the outside, but inside it's packed with cool, artsy things for the home. I could find a gift here for every friend of mine—elegant and kitschy alike—and I can sure find plenty for myself! Best of all, tons of their stuff is made right here in New York City.

**"Yolking" \ yoh-king \ v. separating an egg's yolk from its whites.**  
Ex: I'm yolking eggs so I can make my famous egg-white omelets.

## name that tool!

We hit the streets to see if passersby could identify these five cutting-edge cooking tools. Almost nobody guessed they even belonged in the kitchen! —ELIZA BORNE AND MARIA BUNCHUCK



### It's really a...

- 1 Marinade injector (\$18, unbeatable.com)** You can bet it will doctor up your meats with extra flavor.
- 2 Citrus reamer (\$20, amazon.com)** Who knows? Juicing lemons with it might relieve tension!
- 3 Tea stick (\$22, chiasso.com)** It won't satisfy a sweet tooth, but it will treat you to a hot cuppa.
- 4 Food loop lace (\$11, wrapables.com)** Use this string to tie up a chicken before roasting.
- 5 Crinkle cutter (\$8, oxo.com)** This won't tease your hair (our favorite guess), but it will give your french fries style.