

EVERY DAY

with **RACHAEL RAY**

rachaelraymag.com

no more cooking ruts!

56 New Ideas to Play Up Every Plate

6 Ways to Get Your Chocolate Fix
PLUS Ultimate Chocolate Chip Cookies p.142

STRESS LESS, SAVE MORE!

FAMILY DINNERS FOR \$7

20-MINUTE MEALS

5 GREAT GROCERY BUYS

+ YOURS TO WIN:
\$3,161 worth of goodies

Rach's Valentine's Day Special



beat the winter blah
(no balloons required)

RECYCLED PAPER

TOUGH LOVE

These stars play hardball, but expose their mushy side for Valentine's Day.



DO YOU HAVE A VALENTINE'S TRADITION?

"Years ago at La Belle Vie [a restaurant in Minneapolis], I had the chef create a 10-course tasting menu for my wife and me. But eight of the courses were foods she wouldn't touch. I thought she would adore crispy lamb sweetbreads with truffle vinaigrette, but...fail. Ever since, we've gone out for fast-food burgers."

Andrew Zimmern, host of the Travel Channel's *Bizarre World* and author of *The Bizarre Truth* (Broadway Books)



ANY ROMANTIC PLANS?

"My new fiancé, Jimmy, wants to wine and dine me and get me flowers. That's sweet and all, but who are you dating, Sandra Bullock? Let's go to a cigar bar, smoke stogies and talk smack about people. That's what I call romance."

Lisa Lampanelli, "Queen of Mean" comedian and author of *Chocolate, Please* (It Books)

—AMANDA WAAS

CENTERPIECE OF THE MONTH

frozen assets

We were stopped cold when we saw this inventive centerpiece from **Serge Pélouquin, artistic director of the Hôtel de Glace (a resort made entirely of ice and snow) in Quebec, Canada.**

All it takes to create custom ice vases is a few milk or juice cartons and a little help from the freezer.



* serge's idea

Fill cardboard cartons with water. Dip a thin, circular object, like a wooden spoon handle, into the center (to create a hole) and tape it in place. Freeze overnight. Remove, then peel away the carton. Place flowers into the hole of each ice block and set on rimmed plates to catch any melting water.

YUM

CHOCOLATE REALLY IS GOOD FOR YOU

Compared with some sports drinks, chocolate milk between workouts can boost endurance by

50%

The average improvement in test scores after eating two milk chocolate or dark chocolate bars 15 minutes before an exam is

8%

—DANIELLE BRAFF



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