

DON'T STRESS IT! 15 EASY SWAPS TO SLIM DOWN YOUR FAVORITE FOODS

# EVERY DAY

with RACHAEL RAY

rachaelraymag.com

## GOOD FOR YOU ISSUE! 358

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lighten  
up

recipes, tips & tricks

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The 9 Secrets of  
Healthy Shoppers

Rach's All-New  
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THAN EVER

HIT-THE-SPOT  
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**SUPERCHARGE  
YOUR SAVINGS**

family dinners as low as \$6.50  
treat yourself on the cheap  
incredible freebies (claim them now!)  
and lots more!

EAT WHAT  
YOU LOVE **and**  
STILL LOSE  
cheese fries, pie  
and pancake

### FEST FORWARD

Spring has sprung—and so have the first of the season's **outdoor festivals**. Our experts weigh in on how to maximize your fun at some of the classics.

➤ **food** Go early and head straight for the highlights: **"The more professionally decorated booths tend to have the best food,"** says Drew Cerza, creator of the National Buffalo Wing Festival. "Look for clues like signs saying 'established since'—anything with a story or a persona attached should be a decent bet." **our pick** 25th Annual Texas Hill Country Wine & Food Fest, Austin, Texas, April 15–18.

➤ **music** There'll be multiple stages with conflicting lineups, so you won't be able to see everything. **Decide which bands are must-sees before you go.** "Otherwise, you'll always feel like you're missing something," says Nancy Schafer, executive director of the Tribeca Film Festival. But be flexible enough to ditch plans and stick around for a rockin' set here or there. **our pick** Coachella Valley Music and Arts Festival, Indio, California, April 16–18.

➤ **beer** Pace yourself. If you drink too much of the same beer, you'll end up sluggish and won't get to sample the others. **"Bring three or four people, then divide and conquer the booths,"** says Cerza. "You can all sample each other's without getting too full or too tipsy." **our pick** World Beer Festival, Raleigh, North Carolina, April 24.

—AMANDA WAAS

### FLIGHT DELAY?

Tweet #boarding with your airport code using your laptop or cell, and the service will respond with a list of fellow Twitter users who have flights leaving from the same spot around that time. Chances are good you can find a pal to hit the terminal bar with.



### FOILED AGAIN

Everything old is new again: Reynolds Wrap Recycled Aluminum Foil (\$3, at grocery stores) is made from 100 percent repurposed aluminum collected from old stadium seats and cookware. Each roll takes 80 percent less energy to make than its nonrecycled counterpart and comes in a package made entirely of reused paperboard.

## Loved Chardonnay

Renowned wine critic Robert Parker awarded Kendall-Jackson Vintner's Reserve Chardonnay a rating of 90, saying it "seems to get better with each vintage." Enjoy the most popular Chardonnay in America, and try our other delicious wines as well.

COMES THE BEST WINE

11-01-09, kj.com ©2009 Kendall-Jackson Winery, Santa Rosa, CA